









FOCUS Sequence Games and How to Play

The following games can be used as part of daily routines to promote self-regulation and physical literacy.

Game	Ages	Instructions	Examples
Dice Game	100 Voices Kindergarten & Grade 1	Use the die to decide which activity you are going to do. If you are using a traditional or colored die, place FOCUS cards into 6 piles and label them with a number or die dot accordingly. Take turns rolling the die and picking from that pile. You can also choose to do animal walks or yoga poses.	
Rock – Paper – Move	Grade 2 to Adult	In partners play Rock-Paper-Scissors. The winner does a MOVE, the loser does a HOLD; each for 10 seconds, then play again. Play for 2-4 minutes (set a timer)	
Deck of Cards	Grade 1 to Adult	There are many games you can play with cards! <u>War</u> – in partners or kids vs parents. Split a deck of cards into two piles; players will stand face to face and flip one card from their own deck at the same time. The card that is the highest wins; the person with the lower card runs on the spot for 10 seconds (or completes another MOVE or HOLD). <u>High/Low</u> - Take turns guessing if the card will be higher or lower than the last. If you are correct, you don't have to run. If you are wrong, you run on the spot.	
Copy Cat	Kindergarten to Adult	Choose a leader to pick a favourite MOVE or HOLD. The rest of the family tries to imitate. Play upbeat music so they can match the speed of their action to the music.	
Partner Holds	Grade 3 to Adult	In partners, do different hold moves together. (See pictures for examples) This can build positive interactions among peers. <i>Note:</i> <i>You must not let each other fall. You put just enough force to hold each other's body steady.</i>	
Flip a Coin (Heads or Tails)	Any age	Choose the movement that will be paired with the coin: Heads = Move (ex: run on the spot)	



OCCUPATIONAL THERAPY AND PHYSICAL THERAPY TEAM

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		Tails = Hold (ex: chair pose)	
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