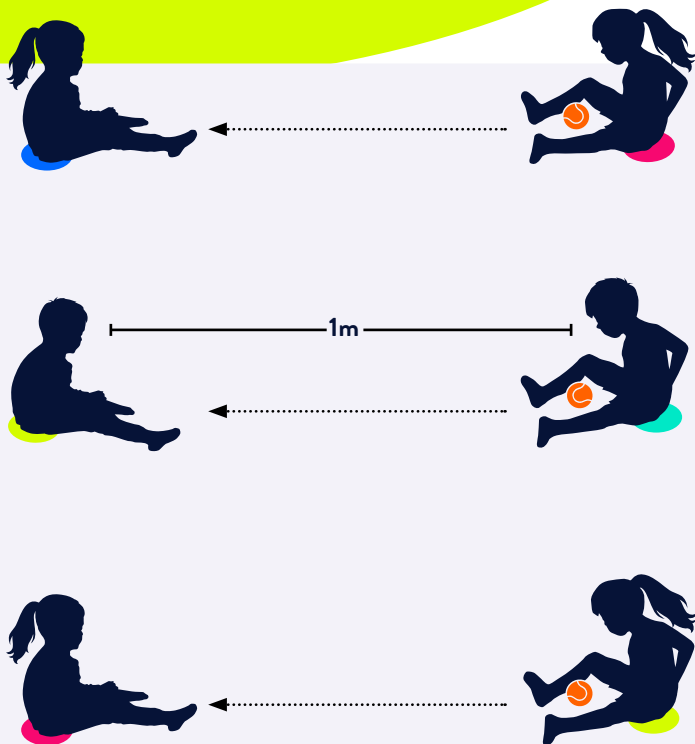


SAFARI GAME:

Safari Friends Rally

Set the scene:

“We are going to work with our safari ranger friends to look after the animals.”



Brain focus activities:



Equipment:



Balls (one per pair)



Spots (one per child)



Rackets or hitting hands (one per child)

How to Play:

- Children work in pairs, starting approximately 1 metre apart (use the spots to mark where they start), and with one ball per pair.
- Children start sitting in straddle on their spots.
- Tell children to wave hello to their safari friend - this helps with connection and focus.
- Tell children to roll the ball (animal) to their safari ranger friend. One child rolls the ball to their partner. Their partner stops the ball with their hands and rolls it back.
- Repeat several times.
- Children now progress to using the racket or hitting hand to send and receive the ball.
- Repeat several times.
- Children now progress to standing to send and receive the ball aiming for their partner's spot.
- Repeat several times.

Cool Down:

Set the scene “It’s now time to put the animals to sleep. Let’s help them.”

- Lie on the floor and concentrate on breathing:
 - “Inhale...” “Exhale...”
- 3–5 slow breaths.

TEACHING POINTS:

- Get ready - watch the ball and face forward.
- React - move to the ball.
- Palm / strings point towards the target.
- Use cue words: “Roll it”, “Stop it”, “Good sharing!”
- Encourage social play without competition.

SKILL UP:

- Call out different animals to change how they send and receive the ball:
 - **Tortoise** – very slow rolls.
 - **Elephant** – stop the ball with a big stomp.
 - **Hare** – drop and tap the ball.



SEE IT IN ACTION