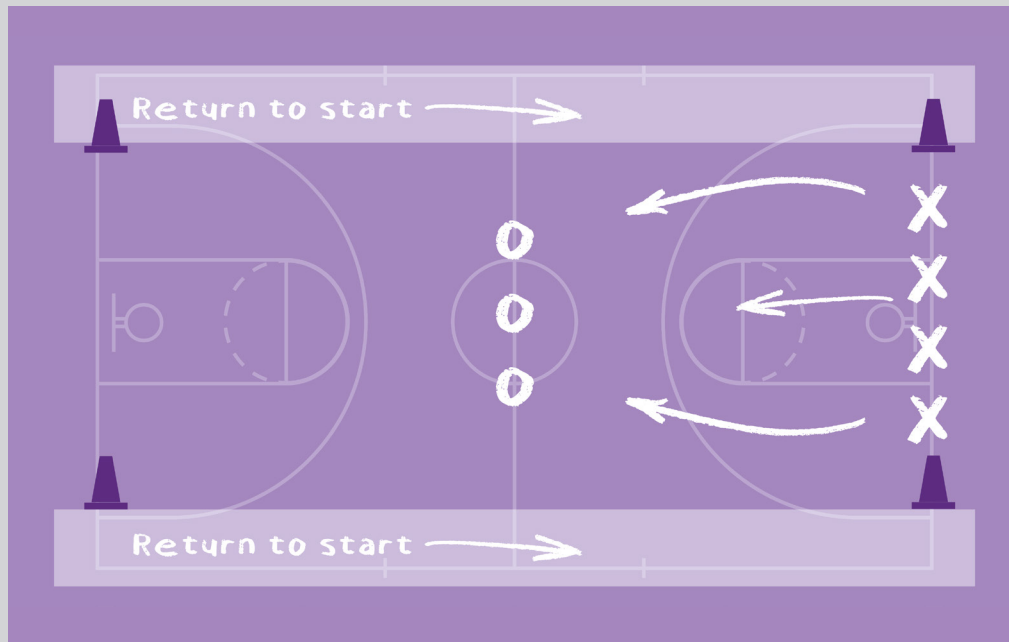




GREETINGS!

GAME SET UP:



PE STANDARDS:

- Standard 1: Develops a variety of motor skills
- Standard 2: Applies knowledge related to movement and fitness
- Standard 3: Develops social skills through movement

MATERIALS:

- Pool Noodle or Soft Ball
- Cones or Place Markers
- Mesh Vests

OVERVIEW:

Play a tag game to practice mindful greetings and communication skills.

1. Choose 4-6 taggers to stand in the middle with pool noodles. Remind taggers to move safely, tag gently below the neck, and avoid running into “frozen” learners.
2. Learners start at the line and try to cross without being tagged.
3. Tagged learners freeze with arms and legs wide until another learner greets them. Learners greeting others cannot be tagged.
4. Tagged learners must respond to the greeting before moving. Example: Smile and say, “Hello, my name is _____.”
5. Announce a movement for learners to use as they move across the area.
6. Once learners reach the opposite side, they move down the sideline to return to start. They may go fast or slow (teacher’s choice!), as long as they keep moving forward.
7. After 1-3 minutes, assign new taggers and movements.

GREETINGS!



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The most important thing to know is that mindful greetings help to build healthy and supportive friendships!

Explain to learners that we are going to play “mingle” to practice mindful greetings. When the music plays, stand up and move around. If you come near someone, look at them and smile.

When the music stops, find a partner and greet them in one of these ways:

- Smile and say, “Hello, my name is_____.”
- Wave and say “hello” in English or another language.
- Class or teacher’s choice of handshake, fist-bump, hug, or touchless greeting.

Your partner will respond with a greeting of their choice. Each time the music starts, mingle and find a new partner to greet.

REFLECTION AFTER THE GAME:

Q: How did it feel to mindfully greet your friends?

A: Acknowledge all responses that identify feelings and emotions.

Q: What makes a greeting mindful?

A: Mindful greetings are kind. You pause and pay attention to the person you are greeting.

Q: How do you receive a mindful greeting?

A: Look at the person. Smile and return the greeting.

MODIFICATIONS:

Seated Exercise

- Pair seated learners with non-disabled learners to assist in greetings and ensure everyone is included in the movement across the play area.

Sensory Modifications

- Offer simpler greeting options, such as just waving or giving a thumbs up.

Find more modifications at fit.sanfordhealth.org.

