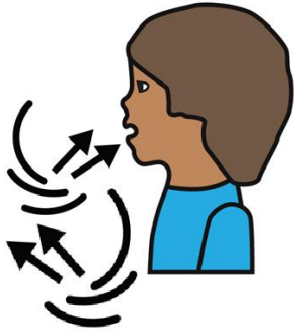
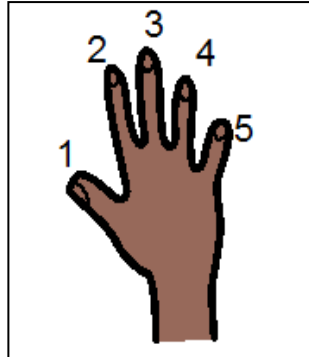


Calming Lotto Game

This activity can be done with an adult and a small group of children (at circle or at a table) at day care/school or with a parent and child (ren) at home. The adult leads the activity. Cards are either given to each child (the adult can play too) or they are laid face down and each person picks a card. They label the card (with adult help as required) and they match it to the appropriate picture on the board. Then everyone does the activity shown in the picture. (The adult models each activity and leads the songs.)



Breathe in/breathe out



Count to 5: 1,2,3,4,5...



Catch the bubbles song

Smell Chocolate



Blow out Birthday Candles

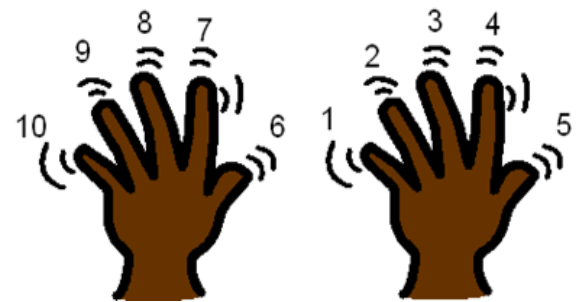


First: "smell chocolate"

Then: "blow out birthday candles"



Push hands together:
1,2,3,4,5,,,,,



Wiggle your fingers:
1,2,3,4,5,6,7, 8, 9, 10....

This activity is to promote self-regulation/anger management skills. Props needed are: bubbles.

Print out two of the first page and use page as cards and one page as the board. Although only one person matches the card to the picture, everyone participates in the activity on each card together.

Card Directions:

For the Breathe in/out Card : Once the card is matched, the adult leads everyone in slowly breathing in (1,2,3) and then, breathing out (1,2,3,).

For Count to 5 Card: Once the card is matched, the adult leads everyone in holding up a hand and counting to 5 slowly on their fingers.

For the Catch the Bubble Card: Once the Catch the Bubble card is put down, the adult passes the bubble wand to the child who had the card. (The adult can hold the bubble container if needed). That child blows bubbles first as everyone sings: “Catch the Bubbles”. Then the bubbles are passed to the next child, etc. until everyone in the game has had a turn blowing bubbles while the songs are sung. The lyrics are: **“Catch the bubbles, catch the bubbles, as they fall, as they fall, children catch the bubbles, children catch the bubbles, as they fall, as they fall”.**

For the “Smell the Chocolate/Blow out the candles” Card: Once the card is matched, the adult everyone in “Smelling chocolate” (breathe in) and “Blowing out the Bubble Birthday Candle” (breathing out).

Push Hands Together Card: Once the card is matched, the adult leads everyone in pushing their hands together , counting: 1,2,3,4,5...)

Wiggle Your Fingers Card: Once the card is matched, the adult leads everyone in wiggling their fingers and counting to 10.

*Tunes for songs can be found on ConnectAbility or other websites. Jennifer Anzin