



Theraplay Activity Listing

1. **Feather touch:** Peer tickles the child next to them with a feather. The child who is being tickled has their eyes closed. The child has to guess where their friend tickled them.
2. **Funny Bones:** Leader pairs kids up and calls out "elbow to elbow, knee to knee," etc. and the partners have to touch body parts.
3. **Stand up, hold hands and listen for the cue to walk, hop, etc. in a circle.**
4. **Over & Over:** Children stand in a line and pass a bean bag over their head to the person in front of them. You can also adapt the game to make it over and under and the child has to listen for the cue "over" or "under."
5. **Bean bag on head of leader:** Leader sneezes and each child tries to catch beanbag. Leader moves around the circle.
6. **Guess who is hugging you:** A child sits in the middle of the circle. Cover child with a blanket and have another child hug them. Child has to guess who it is. This game is more about the hug than the right guess.
7. **Musical hoops:** The children stand in a circle holding hands. Place 3 hula hoops in center of the circle and play music. When the music stops, the children have to put a foot in a hoop. Remove a hoop each time until there is only one hoop left.
8. **Bubble pop:** The teacher blows the bubbles and each individual child gets to pop them. This is a challenge for the other children wanting to pop but a good way to exercise self-control and turn taking. The child will be told to pop the bubbles with their hands or feet or elbow, etc.
9. **Newspaper punch:** Leader holds up a piece of newspaper for each child. On the count of three, the child punches a hole through the paper. The children then roll the paper up in a little ball and take turns throwing it in a "hoop." This could be the trash can, or another peers' arms.
10. **Balloon balance:** Partners must balance a balloon between a body part and walk across room without using hands.

11. **Shoe find:** Each child takes one shoe off, puts in middle of the circle under the blanket. The leader mixes them up. With their eyes closed, the children take turns picking a shoe and find the match.
12. **Shoes off:** Children take their shoes off and touch each other's feet under the blanket. You can have them try to touch a specific friend.
13. **Pass the message:** One child starts with a message he passes around the circle. Then the children can take turns passing a silly face around the circle.
14. **Balloon tennis:** Children stay seated while trying to hit the balloon in the air without letting it drop. Use ping pong paddles or racquets made out of paint stir sticks and paper plates.
15. **Toilet paper bust out:** Partners take turns wrapping each other up in toilet paper and then on cue, they bust out.
16. **Face painting:** The children pretend to paint hearts, mustaches or anything on each other's face with a paint brush.
17. **Walk around the circle hugging:** Children partner up and take turns walking around the circle with pillows between the partners.
18. **Pillow punch/ Pillow hug:** The children identify something that makes them happy and hug the pillow. They identify something that makes them mad and punch the pillow.
19. **Blanket swing:** Both leaders swing each child in the blanket while the others count to 10.
20. **Shape find:** Each child walks around in a circle to music until the music stops. When the music stops, they grab the shape on the floor closest to them and try to find the person with the same shape.
21. **Name Switch:** Children stand in circle and take turns calling out a friend's name. When a child calls out a name, he then switches places with that friend and then that friend takes a turn.
22. **Cotton ball blow:** Children lie on tummies facing one another (2 lines of kids) and we put cotton balls in the center. The leader gives a cue word (like "pickles") and the kids try to blow the balls to the other kids across from them.

- 23.**Cotton Ball Fight:** When we finish the blow, kids sit on bottoms in the same spot, gather up the cotton balls and when leader gives a cue word, they throw the balls at each other.
- 24.**Blanket and Ball:** All children hold the edge of the blanket with a ball in the middle. The children take turns calling a friend's name. Then everyone has to work together to get the ball to the person without letting it fall off.
- 25.**Row, row, row your boat:** Children sit with legs straddled and pretend that they are rowing a boat. Have them pick if they want to row fast or slow, loud or soft.
- 26.**Ping Pong Blow:** Children lay on the floor on their tummies in a circle. They call out a friend's name and blow the ping pong ball to the child.
- 27.**Balloon tennis/Hot balloon:** The kids glue feet down and hit balloons back and forth to the other team. Have music play and when music stops, goal is to not have balloon on your team
- 28.**Duck, Duck Goose:** Children play the original game only instead of chasing the peer who touches them; the children walk in separate directions and give one another a hug when they meet.
- 29.**Blanket Merry Go Round:** One child sits in the middle of the blanket while the rest of class walks in circle trying to move child.
- 30.**Tug of War:** The traditional game only children are sitting down.
- 31.**Blindfold friend guess:** Blindfold child. Have another child come up and the blindfolded child can feel the person's hair, clothes, etc. Then gets to guess who it is. Give clues with the help of class if necessary.
- 32.**Cotton ball nose blow:** Put cotton balls on each child's nose with lotion and have the neighbor blow it off.
- 33.**Swinging Statues:** Have kids partner up and swing each other around. On a cue, have then let go and form a statue.
- 34.**Big Snake:** Children get into a crawling position and hold onto the ankles of the child in front of them. They can start out in pairs and grow bigger and bigger until they make a giant snake. Then they try to move around the designated area in one piece-they can try moving backward, or "going to sleep" anything that snakes do. Keeping together is the real task.

- 35.**Popcorn:** Children squat, pretending they are kernels of corn waiting until they hear the number 10. You start counting 1, 2, 3, 4...At 10; they go off, going from a squat to a full jump and then jump all around, forward and backward until you start a new batch of popcorn. Then you can eat them all up
- 36.**Spoon and Ping Pong Ball:** Children pass a ping pong ball from one spoon to another between teams.
- 37.**Animal Match:** Pairs of animals will be given out. Kids have to walk around and make the animal noise to find their match.
- 38.**Tunnels:** The children bend over on hands and feet, each child takes turns going through the tunnel.
- 39.**Duck walk:** Duck walk; crab walk; frog jump; kangaroo hop; elephant walk; lobster walk; inchworm glide; chicken walk; bunny hop; seal walk.
- 40.**Balance beanbag on feet:** Kids lie on their backs with beanbags on their feet and try to balance them. Leader counts to 3. Next, try one foot.
- 41.**Spider web:** Children sit in and take turns passing a ball of yarn between them until they make a spider web.
- 42.**Jump on the right feeling:** Kids line up to take turns jumping on a feeling/color the leader calls out.
- 43.**Bean Bag catch:** Divide kids into partners. Have one child throw the beanbag to their partner who has to catch it in the basket. Have the kids start closer together and try, then spread farther apart. Then switch to have the other child hold the basket.
- 44.**Toesies:** Partners lie down and touch toes and try to roll across room keeping their feet touching.
- 45.**Hot Dog Wrap:** One child lies in the blanket. The other children put the requested "toppings" on the child. They then wrap the child up and get to "nibble" the child with their fingers.
- 46.**Magnets:** The children sit in circle and sing a song...each time song stops, everyone moves in closer until can't move in any further then group gives one another a hug.
- 47.**Musical instruments:** Have each child start to play an instrument when they see the "green light". Stop with "red light". When stop, have them pass the instrument to their right.

- 48.**Feather on Pillow blow:** The children are standing in a circle. They take turns blowing the feather off the pillow to the friend next to them who tries to catch it.
- 49.**I see somebody special:** Take a hand mirror and drape a scarf over it, concealing the mirror. Tell the group that each of them will peek under the scarf and will see "someone very special." Tell them to look for two beautiful eyes, a soft squishy nose and a big wonderful smile, but not to tell anyone who it is. Make them promise not to tell! This builds the excitement.
- 50.**3 legged walk:** Partners tie a rope between 2 legs and walk across the room. You can also set up an obstacle course with pillows.
- 51.**Measuring:** Measure each child's nose, smile, and ear with a tape measure. Enlist the other children's help with this. Let them know how big their smile, etc. is.
- 52.**London bridges:** Two adults hold arms up and children walk under. Each child gets a hug at end of the song.
- 53.**Let's walk in a circle"** Have kids walk in a circle and chant: "Let's walk in a circle, walk in a circle, walk in a circle and let's do it right now...Walk way down low...way up high...walk on your heels...walk on your toes...walk real loud...walk real soft...and let's do it right now." Say FREEZE in between movements to help with the transition.
- 54.**Straw feather blow:** Children lay in two lines across from one another. They take turns blowing the feather back and fourth through a straw.
- 55.**Blind fold walk:** One child is blindfolded (or has a towel over the head). While the rest of the class holds hands together and slowly walks the child around the room being reminded to make sure the blindfolded child does not hurt himself by bumping into anything.
- 56.**Ball and blanket.** Children sit in a circle holding onto a blanket. The children try to keep the ball on the blanket while bouncing the blanket up and down. They have to follow the cue to go fast or slow.
- 57.**Guess who's the leader:** One child leaves the room with an adult. The rest of the group picks a leader. The leader begins with a movement and the rest follow. This continues as the leader picks different movements. The child is called back in and asked to try to figure out who the leader is. A clue for the child is to see who the group is looking at.

- 58.**Present wrap:** Each child turns around or hides eyes while the leader picks a child to be wrapped as a present. When the child is hidden, the rest of the class gets to guess who it is and gently unwrap the child.
- 59.**Cotton ball toe throw:** The children stand in a line. They pick up cotton balls with their toes and flick them as far as they can.
- 60.**Pass Frosty:** The children sit in a circle and pass the snowman around to music. When the music stops the person holding the snowman has to say something nice about the person to the right.
- 61.**Blanket blizzard:** Children sit in a circle and hold the blanket. The leader will slowly put cotton balls (or have children wad up paper) on the blanket and the kids have to bounce the blanket up and down keeping the "snowballs" on the blanket. Once "snowballs" are on ground then everyone has a "snowball" fight.
- 62.**Go over the rope:** The rope is laid across the floor. The children will go over different ways (jump forward, jump backward, hop with one foot, pretend the rope is a snake and wiggle it and they have to jump over it without the snake "getting them". Hold the rope up and have the children go under it without touching it).
63. **Balloon Volley Ball:** Divide children into teams. A rope is strung to 2 stable objects to be the net. The children will play volley ball batting the balloon back and forth.
- 64.**Snowflake walk:** Have kids form 2 lines and walk across the room to a teammate on snowflakes they move with them.
- 65.**Traffic Lights:** Have the kids pretend to be cars and drive around the room. They have to watch for the Green light to walk, the yellow to walk in place and the red light to stop.
- 66.**Tightrope:** Have a rope across the room. Have children pretend to walk on the "tightrope" without falling. Once they are comfortable, have them walk sideways, tiptoeing, hopping or backwards for more of a challenge. .
- 67.**Sleeping giants:** Have the children jump up and down in their own space until the leader calls out "sleeping giants". Then they have to fall to the ground and lie very still. When the leader calls out "walking giants" they get back up and jump again.
68. **Pretzel & Unpretzel:** Children sit with their legs and arms crossed. The leader calls out to "pretzel" or "unpretzel" and the children twist and untwist their bodies according to the cues.

- 69.**Tummy laughing:** Each child puts head on another child's tummy and everyone laughs.
- 70.**Train:** The children get behind one another and hold onto each other's waists and go around the room
- 71.**Musical plates:** Start with enough plates for all but two children. Ask for 2 volunteers. Have the 2 kids join in the middle and discuss something they have in common. As the leader announces it ("If you have on blue, change places with someone.") When the kids are changing places, have them try to find a plate to stand on. Remove a plate each time so there are more kids in the middle. Repeat until there are no plates left.
- 72.**Red light (stop)/green light (go):** The leader tells the kids something to do (jump, stomp, wave arms) and holds up a red or green sign indicating start or stop.
- 73.**Who is it?** Have children close their eyes while a child comes to the front of the room. Put a paper plate with eyes and mouth cut out in front of his/her face and have class guess who it is.
- 74.**Motor boat:** Have class join hands in a circle and call out: "Motor boat, motor boat, go so slow, motor boat, motor boat step on the gas, motor boat motor boat go so fast". Have kids gradually accelerate walking and then stop and repeat.
- 75.**Find the feeling:** Show the feeling faces and discuss the feeling for each one. Divide the kids into two teams and give each child on a team a feeling face. Upon the leader's cue, they need to find the match and once they have, tell the class what their feeling is.
- 76.**Run to us:** The group waits for the child to run to them as they have arms locked. Give a hug as the child gets there.
- 77.**Bean Bag Relay Race:** Divide kids into two teams. Have them walk across the floor and back balancing the bean bag on their head. They have to drop the bean bag into the hands of the next person in line and then that person has to walk across the floor and back
- 78.**Pass balloon using no hands:** Have kids pick a body part (elbows) to hold balloon and pass it to the next person.
- 79.**Row Boats:** Pair kids up and have them sit with legs straddling each other. Have one child lie back as they pull the other up and then go back and forth
80. **Car, Car:** Children pair up. One child stands behind the other with hands on the shoulders of the child in front of them. They guide the "car" around the room. The

child makes the other child turn by pushing on one shoulder. They have to "steer" them around the room and keep them from hitting other cars.

81. **Touch Colors:** Children stand in a circle. The leader says, "touch blue" and the child has to find something blue on the child next to him and put his finger on it. Everyone keeps their finger on the friend until everyone is done.
82. **Cooperative picture:** The kids decide on a theme and then each child draws part of the picture, passing it around so all the kids have a turn. When finished, make copies and put a picture of the whole class on the back. Give these out to each child at the last
83. **Find the Color:** Children spread out throughout the room. The leader calls out a color and the children have to find something that color in the room and put their finger on it. They have to keep their finger on it until everyone in the room finds the color.
84. **Detective:** Pass around a large hand-held magnifying glass. Look at each other's beautiful eyes, beautiful noses, etc. Admire! This develops great eye contact!
85. **Giant Sandal:** This is a growing partner game. Start with two children. They get two towels or pieces of construction paper, something they can walk on safely. They each put one foot on the one piece of paper and the other foot on the other paper and must walk together without coming off the papers. If couples can do it, increase to three people together. Also you can vary how the partners walk. 1. Partners face the same direction and walk forward and then backward: they can walk sideways also. 2. Partners face each other and try the same series of walks.
86. **Group Balance:** Children stand in a circle with their arms around each others shoulders. The leader will tell the group to lift their right leg, left leg, etc. The group has to all do it at the same time. The leader can also tell the group to sway to the left, to the right, etc.
87. **Partner Body Check:** Each person must feel his neighbor's hand (nose, cheek, chin, ear, etc.) and tell if it is warm or cold.
88. **Feelings Hunt:** Hang feeling face pictures up all around the room. Provide magnifying glasses and partners walk around looking for different faces. When they find one, they label it and tell a time they felt that way.
89. **Hand Prints:** Rub powder on neighbors hand and help him/her put handprint on a dark piece of paper. Pass the paper round for everyone to do. Can the children remember which one was theirs?

- 90.**Partner pull-ups:** Kids sit on the floor and face each other with toes touching and holding hands. On cue, they try to pull each other up. Have them then try to sit back known holding hands.
- 91.**Fast Firefighter:** Each child places their coat on the back of a chair. Leader turns out the lights and asks the children to lay their heads on the table and pretend it is nighttime and they are firefighters. Leader rings a bell and turns on the lights to wake the children. Children move quickly to put on their coats, sip/button them up and sit down. Activity stops when all children have sat down.
- 92.**Up We Go!** Partners sit back to back, with their elbows linked, and try to stand up. Upon standing encourage them to sit back down while their elbows are still linked.
- 93.**Basket of balls:** Leader scatters balls across the floor. Each child (possibly paired, depending on class size) has a turn racing to put all the balls in the basket to a song before it finishes.
- 94.**Musical bubbles:** Leader sprays bubbles into the air while music is playing. The children begin popping the bubbles and when the music stops the children stop popping the bubbles.
- 95.**Action cube/follow the leader:** Each child gets a turn rolling the cube to determine what action to do. Three hula hoops are laid on the floor one in front of the other. The entire class will then act out the action from hoop to hoop.
- 96.**Blanket feather blow:** children sit in a circle holding tight to a blanket. Leader places a feather in the middle and everyone tries to blow the feather off the blanket.
- 97.**Partner game:** when the music starts, the group mingles. When the leader says, "find a partner", everyone finds a partner and holds hands. When the music stops, everyone lets go of their partner and mingles again. Encourage finding a new partner each time.
- 98.**Car wash:** Leader picks the first "car (child)". Divide the rest of the group into two lines facing one another. The "car" walks between the two lines while others pretend to "wash" it (bubbles and pom-poms), spray it, and dry it (towels). The car chooses the next car and takes its place. Repeat until all cars are "clean".
- 99.**Roll around:** Children stand in a circle holding a blanket with a hole in the center. Everyone works together to try to get a ball through the hold in the middle.
100. **Eye contact:** children sit in a circle. Each child makes eye contact with another child and they exchange place with that child. Silent activity.

101. **Bicycle built for two:** children lie in pairs on their backs with their feet touching in the air. The leader begins to play music and the children "pedal" their "bicycle". If time, the children will switch partners.
102. **Band stop/start:** children sit or stand in a circle and are assigned an instrument. Leader says start and stop - group follows along using their visual and listening skills.
103. **Number ball:** the children sit or stand in a circle and pass a ball around. The first child counts "one" out loud, and as the children pass the ball to the next person, they say the next consecutive number.
104. **Touch it:** with children scattered around the room, the leader call out a color, shape, letter, and object to touch and the children to it and touch it.
105. **Limbo:** Leader will play music while children line up and one at a time go under the rope. After everyone has had a turn the leader will lower it slightly and repeat.
106. **This is my friend:** Stand in a circle holding hands. Raise the hand of the child standing to the right and say, "This is my friend, _____". Then that child duplicates the activity to the next person until everyone in the circle has hands raised. When all hand are raised and everyone is introduced then the class takes a bow.
107. **Musical chairs:** Equal ratio of chairs to children is placed in the middle of the floor. Children walk around the chair to music and when the music stops they find an empty chair to sit.
108. **Name exchange:** Each child calls out another child's name and exchanges places with them.
109. **Scoop game:** See how quickly each child can pick up scattered balls on floor in milk jugs without using their hands. Or, pair children up and have them face one another with a scoop (gallon milk jug cut in half and taped for safety) in their hands while tossing a tennis ball to one another with using hands.
110. **Happy/sad feeling game:** Each child is given two small plates, one with a happy face and one with a sad face. The leader states a scenario and asks the children how they would feel. Each child then holds up a happy or sad plate without speaking.
111. **Where's the bone:** Children sit in a circle. Each child has a turn hiding a dog bone with other children's eyes closed. Everyone opens their eyes and sings "Doggie, doggie where's your bone? Someone stole it from your home! Who stole our doggie's bone?" Then the child with the bone says, "I do" then children close eyes again and that child passes it to another child who hides it and so on.

112. **Dog Train:** Children line up with hands on each other's waists. A handkerchief is tied through a loop of the last child's pants or another safe place. The child in front must work with the other children to take the tail off without breaking the chain.
113. **Ice Skating:** Leader tears off sheets of wax paper or plastic from laminator to place beneath feet. Leader plays fun music and children skate while taking care of self and others.
114. **I Spy:** (small group) Tell the children "I spy with my little eye, something that is green (or round, skinny, tall, or whatever)." Give the children a few moments, countdown from 10-zero while they walk quickly to touch the object before the teacher reaches zero. Take turns spying and walking.
115. **Snake in the Grass:** (4 rubber snakes) Hide the snakes in different places around the yard or classroom. When the teacher says, "Snake in the grass!" the child must walk quickly to find the snakes and bring them back to you before they slither away.
116. **Clean Sweep:** (Toy rake or broom x2, leaves) Divide group into 2 teams or partner up. Give first child of each group a rake or broom. Scatter leaves and on the count of 3 each child rakes as quickly as they can the leaves into a pile and then scoops them into a trash can or basket.
117. **Pretzel Race:** Use a rope to mark a start and a finish line. Have children line up along the start line. At your signal, have each child lift one leg and wrap it around the other leg, cross arms in front of body, and hop to the finish line.
118. **Inside, Outside:** Use a rope to form a large circle. Place beanbags inside the circle. Choose 2 children stand inside the circle. All other children stand outside (must stay in one place - stuck) the circle. At signal, children inside the circle begin to toss the beanbags outside the circle. Children outside then try to catch them and throw them back. When time is up, count the number of objects inside the circle and outside.
119. **Hoops:** Lay Hula-Hoops on the floor in a row so they touch one another. Roll the Action Cube to select a movement and have child move through the hoops that way.
Variation: Play music and have children move to the beat.
120. **Body Bowling:** Set pins or soda bottles so they form a circle or row. Children take turns lying down in the center of the circle and roll outward to topple the pins.
121. **Towel Trampoline:** Have children pair up and hold each end of a towel. Place a tennis ball on the towel and have them practice tossing and catching it in the towel. Have them count how many times they can bounce the ball on the towel before it drops.

122. **Upset the Fruit Basket:** Arrange chairs facing inward in a large circle. Choose one child to be the Farmer and have her stand in the center of the circle while all other children sit in the chairs. Give each child one of our fruit names: apple, orange, strawberry, or banana. The Farmer then calls out a fruit ie. Bananas. All the bananas scramble to exchange seats with other bananas while the Farmer tries to grab an empty seat. If she gets a seat, she becomes a banana and the banana without the seat becomes the Farmer.
123. **Stack the Beanbags or toilet paper:** Divide into 2 teams and have children sit side by side in a row. At one end place an equal # of beanbags. At your signal, the first child in each row picks up a beanbag and passes it to the next child - down the row. The last child stacks the beanbags. When the last beanbag is stacked the team sits. *Variation:* form lines - pass over heads or between legs.
124. **Walking Fun:** How many ways can children walk? Have them try walking like a robot, baby, speed walker, giant, and ballerina. Have them think of other ways to walk and do that, too.
125. **Ball Exercises:** Give each child a ball. Play lively music. Have them hold ball in front and run in place, hold ball above head and bend at waist and touch floor, hold ball above head and jump in place, hold above head and sway side to side, hold with straight arms and move it in a large circle, sit with legs stretched and touch ball to toes.
126. **Music and Feelings:** Play different styles of music and have children move in a way that matches the music.
127. **Ball Monster:** Cover up with a blanket or sheet. You are the hungry ball monster! Have children roll balls, one at a time, toward you. Snatch them up under the blanket. When all the balls are gone, roll them back out and select a child to be the "ball monster".
128. **Hokey-Pokey:** The traditional action song. Children follow along.
129. **Touching Rhyme:** Helps children learn body parts. "I'll touch my hair, my lips, my eyes. I'll sit up straight and then I'll rise. I'll touch my ear, my nose, my chin, Then softly I'll sit down again." "I'll touch my ankle, my heel, my toe. I'll jump up high then crouch down low. I'll touch my elbow, my wrist, my hand, I'll touch my head and then I'll stand."
130. **Musical Hugs:** Play some lively music and have children dance around the room. After a bit, stop the music and have each child find a partner to hug. Play again and again. Group hugs are good, too.

131. **Hide and Seek:** Leader counts to ten as the children walk to find a place to hide in the classroom. "Ready or not here I go...where, oh where is our friend _____?" Child called stands up, says "Here I am" and walks back to circle and sits down.
132. **Group Hula Hoop Game:** Ask children to stand in a big circle, slip a hula hoop onto one child's arm, and have them all join hands. They must find a way to move the hula hoop all the way around the circle without letting go of each other's hands.