

EduTrend Contents

G4C · MINDFULNESS AND RELAXATION GAMES · PRIMARY

Balloon and Statue

Slow balloon breaths with rising arms, then a statue freeze to notice how the body feels

Ages 5–9	Level: Developing	20 minutes	Whole class or family · any number	Activity 02

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 02 · AT A GLANCE

Balloon and Statue

Children stand and “blow up a balloon” with slow breaths in through the nose, arms rising over their heads. On the out-breath they let the air out slowly and let their arms float down. After three balloons, the adult calls “Statue!” and everyone freezes and notices how their body feels: heavy, light, warm or wobbly. Children share one body word. Repeat twice.

Learning outcomes

By the end of the session pupils can:

- breathe slowly on purpose;
- coordinate breath and movement;
- notice body sensations;
- use words for how the body feels.

KEY WORDS

breath · slow · balloon · statue · notice · body

CURRICULUM LINKS

PSHE: calming strategies. Science: breathing. PE: control.

1	2	3	4	5	6
SETTLE	**EXPLAIN**	**PLAY**	**NOTICE**	**TALK**	**CLOSE**
Calm start	One game, clear rules	Invented characters	Clues and feelings	Different views are fine	Calm and positive

Materials (whole group)

- Space to stand
- A real balloon to show (optional)
- Worksheets 1, 2 and 3

Before the session

- Clear space.
- Practise counting the breath.
- Plan a lively-to-calm start.
- Prepare body word cards.

SAFETY

Breathing should feel comfortable; nobody should hold their breath or feel dizzy. Offer a sitting option.

ACTIVITY 02 · SESSION PLAN

Step by step

If the group is lively, start with a movement game, then move to stillness.

Time	What happens	Say or ask
0–4 min **Settle**	Short movement game.	*"Can you shake it out?"*
4–6 min **Explain**	Show balloon breath.	*"How slowly can you let the air out?"*
6–16 min **Play**	Three balloons and statue, repeated.	*"How does your body feel now?"*
16–20 min **Close**	Share body words.	*"When could you use this?"*

CHALLENGE CARD (print or copy onto the board)

Blow up three slow balloons, freeze like a statue and find a word for how your body feels.

ACTIVITY 02 · FACILITATOR NOTES

The calm game know-how in brief

Slowing the out-breath is a simple way children can change how their body feels.

Using the same short routine at the same times each day helps children recognise it as a signal to settle.

Common ideas to listen for

- “Breathe as big as possible.” Slow and comfortable is better.
- “Statue means perfectly still forever.” Just a short freeze.
- “This is a treatment.” It is a calming habit, not therapy.

Adapting the activity

Support

The adult counts: in for three, out for four.

Stretch

Lie down for a slow body scan from toes to head.

WORKSHEET 1

Body words

Name: _____ Class: _____ Date: _____

After each statue.

Body words

Round	Body word
1	
2	
3	

WORKSHEET 2

When I could use it

Tick times.

When I could use it

Time	Yes
After break	
Before a test	
At bedtime	
When upset	

WORKSHEET 3

How I felt

Draw or write.

Before the game I felt... After the game I felt...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Breathes slowly	Notices body	Names sensations

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Balloon and Statue is a sample activity from the EduTrend Contents G4C Mindfulness and Relaxation Games programme (primary, level: developing). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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