

# FIDGET BUSTERS

**Balloon Smileys** (need one inflated balloon)—when the balloon is in the air, kids laugh and jump up and down; when the balloon touches the floor, they must stop and keep a straight face; keep nudging the balloon until the giggles and wiggles have subsided a bit

**Newspaper Pileup** (need a couple of full-size newspaper sheets)—ask kids to guess how many class members can fit on the paper; record guesses and try it! give a 'group hug' to the one who guessed the closest

**Ping-Pong Blow** (need one or more ping-pong balls)—have children form a circle lying on the floor, heads inward, elbows touching; place a ball in the center of the circle, and have the children keep it moving for a while by blowing it

**Clusters** (no supplies needed, and a good way to divide kids into small groups!)—call out a number and a body part; they must form groups of that number, connected with that body part; EX—twos, nose-to-nose; threes, knee-to-knee; fives, elbow-to-elbow; if someone is left out, just have them join back in the next round, or choose the next number (probably not the body part, though)

**GS Law Pop-Up** (no supplies needed)—assign each child a word or small phrase in one or more of the GS Laws or the GS Promise. As you read the Promise or Law, they start in a crouching position and "pop up" when you say their word or phrase. Read the Promise or Law several times in a high voice, low voice, squeaky voice, etc; end by having the scouts arrange themselves in the correct order of the Promise or Law.

**Scavenger Hunt** (Use the GS Law or Promise written out and cut into pieces – or use a story cut into pieces)—hide pieces throughout the room, or in a specified area outdoors; children find pieces and put them together.

**Musical Chairs Variation**--write the name of each child on masking tape, and stick it to the bottom of a chair; keep same number of chairs; when the music stops, children must think of something nice to say about the person whose name is under their chair