# THE MOOD STATIONS




**Materials needed**

- Soccer balls (lots!), a soccer or hockey net
- Long piece of bubble wrap
- Toy microphones
- Bin with lots of tennis balls
- Two buckets filled with water, plastic glasses
- Hoola hoops to set up a jumping sequence

**MOOD Stations** – Setting up different stations outside for the children to explore, moving from one to another. Each station should have a different focus:

1. **Kicking station** – a large bin containing numerous soccer balls that can be kicked into a net. A goalie is not necessary as the objective is to kick out as much energy as possible.

2. **Stomping station** – laying out long pieces of bubble wrap for the children to stomp on.

3. **creaming station** – providing toy microphones for the children to scream into. It is recommended that this station is set up furthest from the classroom windows.

4. **Throwing station** – a large bin filled with tennis balls to throw against the school wall.

5. **Running station** – placing water buckets at opposite ends with small plastic glasses for the children to fill from the starting point. They should then run to the end point and pour what's left in their glass into the end bucket.

6. **Jumping station** – setting up a row of consecutive hula hoops, leaving a small distance in

**NOTE**: Numerous other stations can be set up to create a circuit for children to move through and burn off plenty of energy.

# Kicking station

# Stomping station

# Screaming station

# Throwing station

# Running station

# Jumping station