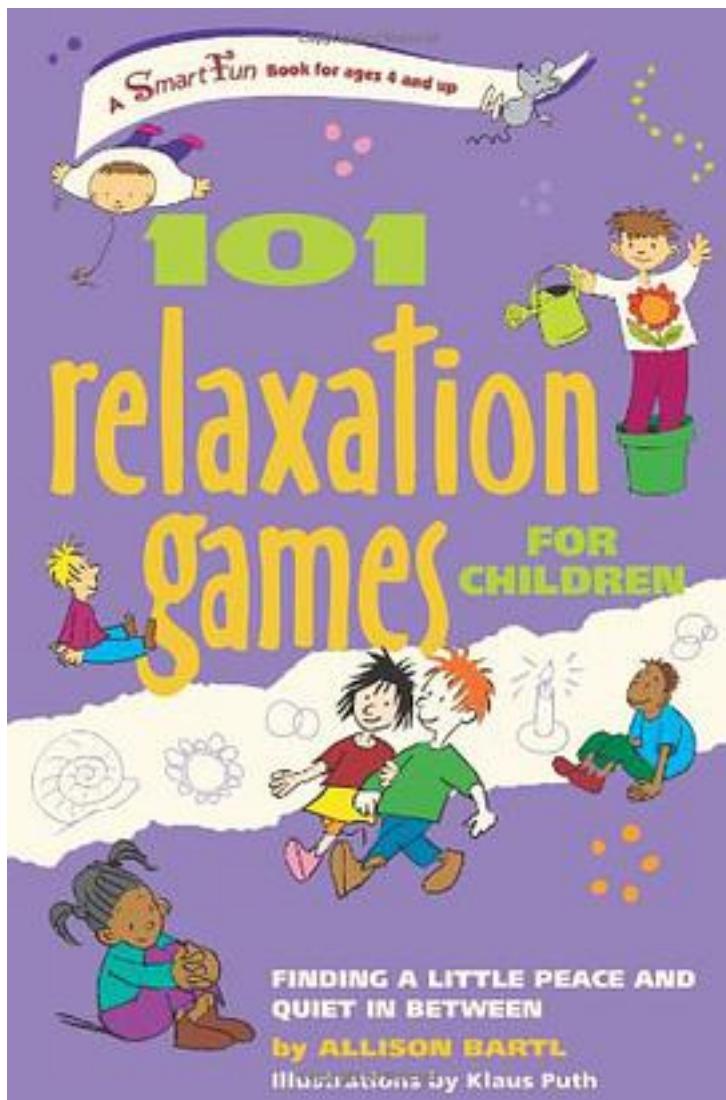


# 101 Relaxation Games for Children



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The games in this book help teachers, parents, and others who work with children maintain or restore order, refocus children’s attention, and break up the classroom routine. Most of the games are quite short and can be used between academic activities as a treat or quick break. Many are noncompetitive, most don’t require props, and none require special skills or training. All can be played with the whole class; there are partner games, small group games, and outdoor games. Clear, complete instructions are included for each activity, and icons denote appropriate age levels, time, and group size. Author Allison Bartl has tested all of the games herself and recommends that the teacher or parent fully participate in each game, both to relax and to provide a model of good social behavior. Tips and thoughtful quotations from Goethe, Rudolf Steiner, Seneca, Lao Tse, Mother Theresa, and others are also included.

作者介绍:

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