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## ASTEROIDS

Equipment: 60 sponge pieces (15 large sponges cut into quarters).

Objective: To avoid being tagged and to help others get back into the game.

### Instructions:

- \$ Designate 3 players to be *it*.
- \$ Everyone else gets 2 foam pieces. Players can never have more than 2 pieces throughout the game.
- \$ If a player is tagged he must drop one of his foam pieces (an asteroid). If he gets tagged again, he must drop his other asteroid and then explode (jump up and then remain in squat position) until another player tosses him one of her foam pieces, which gets him back in the game.
- \$ Players can also pick up a foam piece from the floor and throw it to someone in the squat position.
- \$ This activity is great for building social skills and team play. Encourage players to work together to ensure that no one is frozen for more than 20 seconds.

Safety: If playing in a limited space, you can say that players are only allowed to speed walk instead of run.

Variations:

\$ Exercise Asteroids

¢ If a player loses all her asteroids, she can go to a designated area and do a fitness exercise to collect 2 more pieces.



