Monster in the Gym is a great way to calm a class and prepare students for transitions after a busy P.E. activity.

Students form a circle on the line if there is one in the center of the gym. Everyone reclines onto their back and practices deep breathing with eyes opened or shut for a few minutes. A person chosen as a “monster” circulates and taps one foot of the students who are calm and ready. They stand up and go behind the monster to form the monster tail. The goal is to remain quiet until all of the students have been chosen and form the monster tail. This line-up can help with transitions of moving from the gym space. Kids love to be the monster!