



How to Play

1. Divide the class into 2 teams.
2. Set up a relay path with 3 stations:
 - **Station 1 – Calm Counting:** Each child must count paper birds [10 or more] (or pictures of birds) placed on a table or scattered on the floor without rushing.
 - **Station 2 – Focus Walk:** Walk slowly along a straight line while balancing a small ball on a spoon held gently with your lips. Keep your steps calm and steady without rushing.
 - **Station 3 – Success Goal:** Kick a soft ball into a small goal calmly, not hurriedly.
3. After completing all stations, the child touches a small plant or flower at the finish line and says loudly: “With focus and calmness, I can succeed!”
4. The next teammate starts.

Joyful Ending: All children gather around the plant and chant together: “Stay calm, stay focused — success will follow us!”