**I Spy**

**How does it help students?**

* **Improve the ability to sense more clearly what is happening in their bodies and in their surroundings**
* **Relief from stress**
* **Increase awareness**
* **Playful distraction**

**What will we need? 0**

**How do we do it? One person looks around the room, the SPY, and spots an item and says, I Spy something (a color) and others call out what they think the person sees. The person that guesses correctly, then becomes the SPY.**

**Additional Notes:**

**Reference: https://lemonlimeadventures.com**