Live 5 2 1 0

Around the World Outdoor Games Booklet

in support of the
Live 5-2-1-0
INITIATIVE

live5210.ca

Acknowledgement

We would like to acknowledge the ancestral, traditional, and unceded territories of First Nations throughout British Columbia, on whose land we are fortunate to live, work, and play.

Thank you to the wonderful Live 5-2-1-0 partners in the City of Surrey, the City of New Westminster, and Fraser Health who championed and created this booklet. Their dedication and hard work are helping to share fun and active play ideas with families in your community and beyond!

Many local agencies, organizations and community members shared their games. We want to thank you for your support and for sharing parts of your cultural identity through play. This process reminded us that there are many similarities across cultures in how we play!

About Live 5-2-1-0

Live 5-2-1-0 is an evidence-based message for raising healthy children:

To learn more about Live 5-2-1-0, visit our website at live5210.ca. We also have over 30 other ready-made Live 5-2-1-0 tools and resources that you can download, adapt, and use with your family, organization, or community—for free!

Welcome to the Live 5-2-1-0 Around the World Outdoor Games Booklet!

This booklet contains over 20 game ideas from all around the world to help children and families get outside, have fun, and be active together.

To reflect the diversity of children growing up in British Columbia today, the games included in this booklet come from six continents (and many more countries), bringing some of the most popular, kid-approved games from all around the world right to your backyard, local park, schoolyard, or rec centre.

Inside, you will find a description of each game—including where in the world it's played—as well as instructions for how to play it, a list of any required equipment, and an age and number recommendation for players.

We hope this booklet gives you new ideas for promoting fun and active play with the children in your life!

Play is Universal

Children's desire and need to play is the same everywhere. Indigenous children have played games on these lands for many generations. Today, our communities include families from many different cultures from all around the world. Each culture has its own unique histories and traditions of raising healthy children through family and community, games and play. We also share many ways of playing. Play can bring us together!

Play is Important

Play is a fun and engaging way for children and families to spend time together. Playing games also supports healthy child development! When kids play, their brains work better, they get stronger, and they can improve social *and* emotional skills. Below are a few examples of the important life skills children can develop through play: creativity and imagination, teamwork and sharing, negotiation and conflict resolution, dexterity and physical strength, confidence and resiliency.[1]

1. Ginsburg KR. The importance of play in promoting healthy child development and maintaining strong parent-child bonds. *Pediatrics*. 2007 Jan 1;119(1):182-91.

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Tag Games

What Time is it Mr. Wolf?

This game is played in many places, including Australia, Belgium, Canada, the Caribbean, Ireland, New Zealand, South Africa, the USA, and the UK.

AGE:

All ages.

PLAYERS:

Minimum of 3 players, but best with a larger group.

EQUIPMENT:

None needed, but may use cones or pylons to clearly mark the playing area.

OBJECTIVE:

The person who is "Mr. Wolf" tries to tag other players. Players try to creep up and tag (touch) Mr. Wolf without being noticed to win the game.

HOW TO PLAY THE GAME:

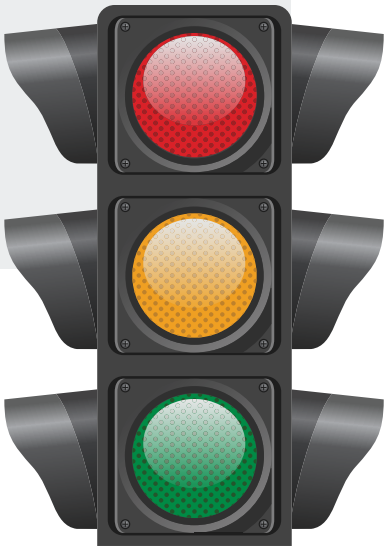
- One player is chosen to be "Mr. Wolf". Mr. Wolf stands with his/her back turned to the others at one end of the playing area.
- All the other players stand at the other end of the playing area and call out "What time is it, Mr. Wolf?"
- With his/her back still turned, Mr. Wolf calls back a time, such as, "It's three o'clock."
- Everyone then takes that number of steps towards Mr. Wolf (for example, players take three steps toward Mr. Wolf if three o'clock is called). After taking their steps, players repeat the question, "What time is it, Mr. Wolf?"
- At any time throughout the game, Mr. Wolf can reply, "It's Dinner Time!" instead of a specific time like "9 o'clock". If Mr. Wolf calls out "dinnertime", then he/she turns around and chases players as they try to run back to the start line to be safe. Anyone who gets tagged by Mr. Wolf is tagged is out.
- If someone gets within reach of Mr. Wolf and can tag (touch) him/her before "dinnertime", then they become the next Mr. Wolf.
- The game continues until everyone is out or Mr. Wolf has been tagged.

OTHER WAYS TO PLAY:

- Tagged players can become wolves and help Mr. Wolf tag other players.
- This game can also be played as hopscotch. Players hop that number of spaces on the hopscotch court. When Mr. Wolf says "It's dinnertime", players try to run back to the beginning of the hopscotch court before they are caught.

Frozen Fish (also known as Red light, Green Light or Statues)

This game is played all around the world. It's played in Israel as *Frozen Fish*, as well as in Czech Republic, Sweden, Netherlands, Germany, Morocco, Finland, Poland, Japan, South Korea, the USA, Russia, Portugal, Belgium, France, Mexico, the UK, Dominican Republic, Chile, Argentina, Puerto Rico, Venezuela, Costa Rica, Spain, Italy, and more!



AGE:

All ages.

PLAYERS:

Minimum of 3 players, but best with a larger group.

EQUIPMENT:

None.

OBJECTIVE:

The goal is to tag the person who is "It" to win and become the next "It".

HOW TO PLAY THE GAME:

- One person is "It" and stands with their back turned to the other players, who are at the opposite end of the playing area.
- Everyone tries to creep up and tag (touch) the person who is "It".
- The person who is "It" can suddenly turn around and everyone must freeze.
- If someone moves, they are out (or in some versions, they go back to the beginning of the field).
- This process continues until the person who is "It" is tagged or there is only one person left who hasn't moved. They win!

OTHER WAYS TO PLAY:

In other versions, once everyone freezes, the person who is "It" can wander around and try and make the frozen players move without touching them. This can be fun! However, the "It" person can still be tagged if their back is turned towards any player.

Ivory Statues

This game is from Mexico. It is usually played when parents want their children to be quiet!

AGE:

All ages.

PLAYERS:

Minimum of 3 players, but best with a larger group.

EQUIPMENT:

None .

OBJECTIVE:

The objective is to be like a statue and not move. Shhhhh…

HOW TO PLAY THE GAME:

- One child is a "bee."
- Players form a circle, holding hands, turning and singing. The bee does not join the circle.
- When the song finishes, children in the circle must stand still as if they were statues.
- If someone moves, then they are out of the game.
- The bee then wanders around the circle and tries to make the other children move without touching, pushing or tickling them.
- The last player to move wins.
- This is the song the children sing:

A las estatuas de marfil
Uno, dos y tres así
El que se mueva baila el twist

English Translation:

To the ivory statues,
One, two and three, like this,
The one who moves dances the twist

OTHER WAYS TO PLAY:

- The person who moves first has to dance in the middle of the circle.
- In other versions, older children can run and jump around while they sing. They freeze when the song is over.

Holding the Pail

Holding the Pail originated with Indigenous children of the Plains.
Holding the Pail is a form of Tag.

AGE:
All ages.

PLAYERS:
Minimum of 4 players, but best with a larger group.

EQUIPMENT:
None.

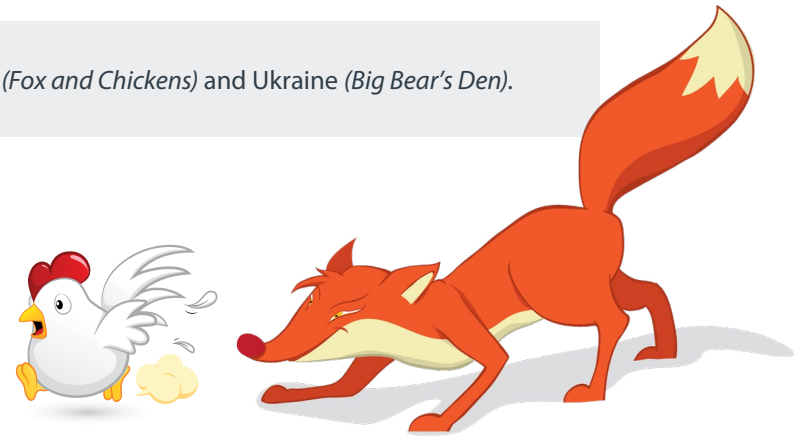
OBJECTIVE:
To break through a circle of children and not get tagged.

HOW TO PLAY THE GAME:

- To decide who is "It", children look for twigs. The child who finds the longest twig is "It".
- All other children form a circle and hold hands with the "It" player in the middle.
- "It" tries to break through the circle and run away.
- When this happens, everyone chases this player.
- The child who first tags (touches) the "It" player becomes "It" in the next game.

Fox and the Chickens (Vulpea si puii) or Big Bear's Den

This game is played in Romania *(Fox and Chickens)* and Ukraine *(Big Bear's Den)*.



AGE:
All ages.

PLAYERS:
Minimum of 4 players, but best with a larger group.

EQUIPMENT:
Dirt, sand or snow and a stick, ropes or cones to create squares (see diagram).

OBJECTIVE:
The fox or bear tries to tag (touch) all other players.

HOW TO PLAY THE GAMES:

Fox and Chickens

- In Fox and the Chickens, draw two squares with one inside the other (like in the diagram) using a stick, or mark the squares with ropes or cones.
- The small square is the Fox's Den. It must be big enough to hold all the players as they are caught.
- The larger square is the henhouse, and it must be big enough for players to run around in.
- One player is the Fox, who is outside the henhouse. One player is the Rooster, who is inside the henhouse. The rest of the players are baby chicks, and they are with the Rooster in the henhouse.
- The Fox jumps into the henhouse and tries to catch the chicks.
- The chicks are safe if they can stand behind the Rooster.
- If the Fox catches them before they can get behind Rooster, they are out of the game and leave with the Fox to go into the Fox's Den.
- The game continues this way until the last chick has been caught by the Fox.

Big Bear

- In Big Bear, draw two squares in the snow with a stick, as shown above. One player is chosen to be the "Big Bear" and stands in his/her den (the smaller inner square). All the other players are in a larger square.
- The Big Bear runs out of the den into the other square shouting, "The Big Bear is coming!"
- If the Big Bear touches anyone, the tagged players go into the den with the Big Bear. They then hold hands with the Big Bear to form a chain.
- The Big Bear and any connected players then run out of the den together calling, "Big Bears are coming!" They try to tag other players to join the Big Bears.
- The last person left wins and becomes the next Big Bear.

Catch the Dragon's Tail

This game is played in China, where the Chinese Dragons are symbols of power, strength and good luck. The mascot of Chinese New Year is the dragon!

AGE:

All ages.

PLAYERS:

Best with a large group.

EQUIPMENT:

Lots of space to run around.

OBJECTIVE:

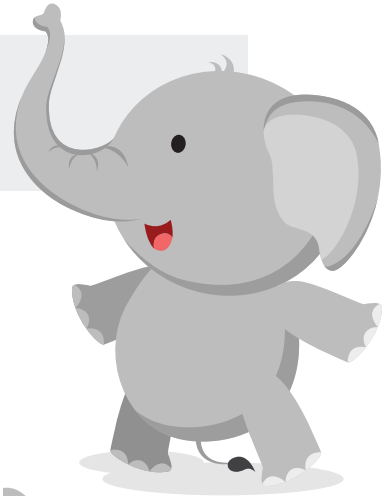
The head of the dragon must tag the tail.

HOW TO PLAY THE GAME:

- Players form a line with their hands on the shoulders of the person in front of them.
- The person at the front of the line is the dragon's head.
- The person at the end of the line is the dragon's tail.
- The dragon's head tries to tag the dragon's tail.
- The rest of the line tries to prevent the dragon's head from tagging the tail by weaving in and out.
- The line must not break apart.
- When the head catches the tail, the tail player goes to the front and becomes the new dragon's head. All of the other players move back one position.

Elephant Stampede (also known as Octopus Tag)

Elephant Stampede is played in Kenya and is similar to *Octopus Tag*, which is played in Canada.



AGE:

All ages.

PLAYERS:

Minimum of 4 players, but best with a larger group.

EQUIPMENT:

Lots of space to run around.

OBJECTIVE:

Not to be tagged by elephants!

HOW TO PLAY THE GAME:

- This game is similar to what other countries call "tag".
- Two children are chosen to be the elephants, or "It". They link arms.
- The rest of the children run in an attempt to avoid being tagged by the "It" players.
- Any time a child is tagged, he or she links arms with the other elephants. The last two children to be tagged are the elephants at the start of the next round.

Cat and Mouse (also known as Splish Splish Splash, Safari, Kakopi Kakopi or Duck Duck Goose)

Cat and Mouse is a traditional game that a lot of village children play in China. *Splish Splish Splash* is played during hot summers in Kenya, while *Safari* is played year-round and familiarizes children with common animals that roam Kenya. *Kakopi Kakopi* is played in Uganda. In Uganda most of the games children play are related to their everyday lives and involve things from their home, foods they eat and their family. Each of these games is similar to *Duck Duck Goose*, which is played in Canada and Europe.

AGE:

All ages.

PLAYERS:

Best with a group of 6 players or more.

EQUIPMENT:

Lots of space to run around, plus any other materials specified for each variation of the game (below).

OBJECTIVE:

One child is "It" and another child is chosen to be tagged by "It".

HOW TO PLAY THE GAMES:

Cat and Mouse

- One player is the cat and another player is the mouse.
- The rest of the players form a circle and hold hands, with the mouse inside the circle and the cat outside the circle.
- The players holding hands to form the circle move around while chanting a rhyme or singing a simple song:

  "Kitty cat kitty cat, one, two, three
  A mouse is in the house, where could it be?"
- To make it more fun, ask children to sing the song in as many languages as they can.
- When the rhyme stops, the players stop moving and the cat chases the mouse while weaving in and out of the circle.
- When the cat catches the mouse, he can pretend to "eat" the mouse and other players can have a turn being the cat and mouse.

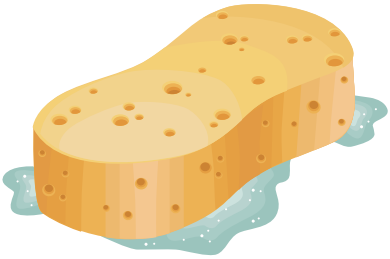
(continued on the following page...)

Safari

- Each player chooses to be a different animal. Make sure the children choose different animals.
- The children sit in a large circle, and one child is chosen as 'It'. If you are "It", you walk around the circle saying "safari" each time you walk past a child sitting in the circle.
- At some point the "It" child says the name of the animal chosen by the child they're walking past instead of saying "safari". The child who chose to be that animal then gets up and races "It" around the circle back to their seat, running in the opposite direction around the circle as the "It" child.
- If "It" gets to the other child's seat first, the other child becomes "It" for the next round.

Splish Splish Splash

Equipment: A sponge and bucket (or bowl) of water on a hot day!



- The children sit in a large circle.
- One child is "It" and fills a sponge with water.
- The child who is "It" walks around the circle, holding the sponge over the other kids' heads and saying "splish" each time they pass the sponge over someone's head.
- At some point the child who is "It" squeezes the sponge on top of one child's head so water comes out and says "splash" instead of "splish".
- The "It" child and "splashed" child then race each other around the circle. If "It" gets back to the splashed child's seat first, the splashed child becomes "It" for the next round.

Kakopi Kakopi (Chicken Legs)

Equipment: A foam noodle or a small stick

- One player is chosen as the cook, who (gently!) uses a long stick or noodle as a wooden spoon to "stir the food".
- All the other players stand in a row. Their legs are chicken bones and they are being cooked in a soup for dinner!
- The cook taps their legs one by one, moving from one end of the line to the other, while the children sing, "Kakopi Kapoki" to a popular tune. (You can substitute any song or chant – e.g., sing 'C is for Cookie' from Sesame Street, but exchange the word 'cookie' for 'chicken').
- When the chant ends, the leg that the stick lands on is a burnt chicken leg, and that child must then balance on their other, "unburnt" leg.
- When both of a child's legs have been tapped, they are "out" and must run a lap or two around the group to simulate stirring the pot.
- The winner is the last child to remain in the game, and they win the title of the "night dancer"!

Escape the Lions

Escape the Lions is played in Kenya.

AGE:

All ages.

PLAYERS:

8 players or more.

EQUIPMENT:

Blindfolds (4) and beanbags (4) as well as lots of space to run around.

OBJECTIVE:

Lions try to tag (touch) other children while they try to grab the lions' treasures!

HOW TO PLAY THE GAMES:

- You start with a large group of children.
- Four are selected as the "lions." The rest are called "mtu," the Swahili word for people.
- The goal is for the mtu to capture the lions' treasures, which are the beanbags.
- The mtu form a large circle, and the four lions are blindfolded and placed in the middle, surrounded by the beanbags.
- The mtu must take turns trying to get a bean bag without getting tagged by the lions.
- If you get tagged by a lion, you must sit down and wait for the next game.
- Children who get a bean bag become lions in the next round.

Ka-ku-rem-bo (also known as Hide-n-Seek or 1-2-3 Block)

Ka-ku-rem-bo is played in Japan, while *1-2-3 Block* is played in South Africa. These are just two variations of similar games across the world like *Hide-n-Seek*.

AGE:

5 years of age or older.

PLAYERS:

Minimum of 3 players, but best with a larger group.

EQUIPMENT:

Lots of space to run around and some obstacles to hide behind.

OBJECTIVE:

For the person who is "It" to find the players who are hiding.

HOW TO PLAY THE GAMES:

Ka-ku-rem-bo

- One player is "It" and closes his/her eyes and slowly counts out loud to 10.
- The other players run around and find a place to hide (behind a tree or rock, etc.)
- When "It" finishes counting to 10, he/she looks for the other players.
- The game ends when the "It" player finds everyone.
- The last player found is the winner and is "It" in the next game.

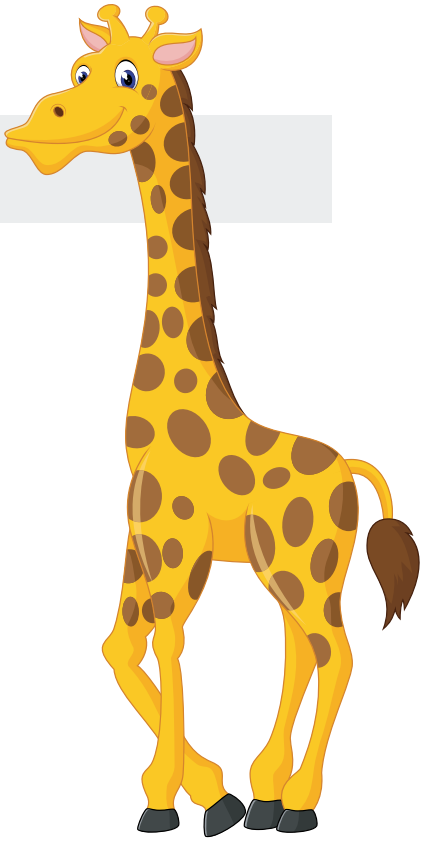
1-2-3 Block

- One player is "It" and stands at a marker, such as a light post, rock or tree.
- Everyone else has 30 seconds to hide.
- The "It" player then tries to find people while everyone else tries to sneak back without being seen.
- If the "It" player sees someone, he/she runs back to the marker and says, "1-2-3 block..." and then the name of the person they spotted.
- After the person's name is called, all people hiding need to try to touch the marker and say "1-2-3 block" without the "It" player tagging (touching) them.
- The last player to touch the marker and say "1-2-3 block" become the next "It" person.

Games with Rhymes

Save the Savanah

This game is played in Kenya.



AGE:

3 years of age or older.

PLAYERS:

Best with 6 players or more – an even number of players works best.

EQUIPMENT:

Lots of space to run around.

OBJECTIVE:

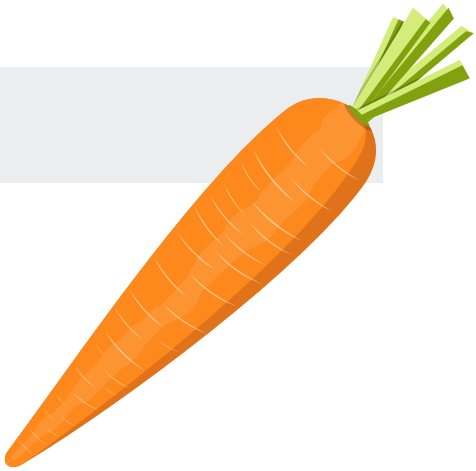
Act like animals and find your matching animal.

HOW TO PLAY THE GAME:

- Children are split into two teams, separated so they cannot hear the other team speak.
- Players on team 1 are told to be different types of animals, such as a bear, pig or giraffe.
- Players on team 2, are told to be the same animals as team 1.
- The teams are brought together and told that animals have gone missing.
- Each child pretends to be their animal and find their match on the other team.
- After each child has found their matching animal, the game is over.
- Repeat the game, assigning different animals to different children.

Carrot Squat

This game is played in China.



AGE:

3 years of age or older .

PLAYERS:

Minimum of 4 players, but best with a larger group.

EQUIPMENT:

Lots of space to run around.

OBJECTIVE:

To remember all the fruit or vegetables chosen by each player.

HOW TO PLAY THE GAME:

- Every child chooses a fruit or vegetable.
- If the first child chooses “apple,” and the second child chooses “banana”, then the first child starts the game by chanting “apple down, apple down, apple down, then banana down” while squatting up and down.
- After the first child says “banana down,” the second child then chants “apple down, apple down, apple down, banana down, banana down, banana down” and adds in the next child’s fruit/vegetable choice (e.g., orange) while continuing to squat up and down.
- The third child then chants “apple down, apple down, apple down, banana down, banana down, banana down, orange down, orange down, orange down” and adds in the fourth person’s choice while continuing to squat up and down.
- This continues until someone makes a mistake or they make it through all the fruits and vegetables chosen.

Bolingo

This game is played in Uganda.

AGE:

3 years of age or older .

PLAYERS:

Minimum of 3 players, but best with a larger group.

EQUIPMENT:

Lots of space to run around.

OBJECTIVE:

To rhyme everyone's name in the group.

HOW TO PLAY THE GAMES:

- Children hold hands and stand in a circle on a grassy or soft surface.
- The children sing a rhyme ending in a child's name.

  Playing in the grass, happy as can be,
  thankful we aren't in class,
  what shall we go see (insert child's name)
- The traditional Ugandan rhyme is about the comfort of home and sitting down to wait for dinner, but any rhyme that ends with saying a child's name will work.
- When a child hears their name they have to sit down.
- After all the children's names have been called and all are sitting, they get up and hold hands running in a circle as if they are naughty children running away from school!
- Children often make each other fall over. Play on soft grass!

OTHER WAYS TO PLAY:

- Instead of sitting when a child's name is called, all of the participants stop, squat and then stand back up and continue running in the circle.

Games with Ropes, Chalk, Sticks and Rocks

Bone and Stick Game

This game is played within Indigenous communities of Canada and the USA.

AGE:

Any age.

PLAYERS:

A group of 8 players or more.

EQUIPMENT:

- 8 sticks or twigs divided into 2 sets of 4 sticks (one for each team), plus 1 extra 'kick' stick that divides the two teams
- 2 items to use as buffalo bones, such as one white and one black rock, or one striped/marked and one plain rock, small enough to hide in a closed hand.
- Lots of space to dance around!

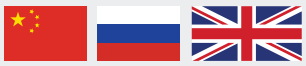
OBJECTIVE:

One team hides the bones (or rocks) in each hand and the other team wins sticks if they guess which hand the rock with the stripe/mark (or the darker rock) is in.

HOW TO PLAY THE GAME:

- Divide children into two teams. Each team can give the other a team name.
- One team takes the bones (the set of rocks).
- One player from the team with the bones (rocks) keeps them hidden in their hands.
- The team with the bones then forms a group and dances around and sings a song, with the goal to try to hide the changing of bones from one hand to the other.
- At the end of the song, the other team must guess which hand the striped (or dark) bone/rock is in.
- If they are correct in guessing, they win a stick from the other team and then have a turn hiding the bones or rocks.
- If they are incorrect, they must give a stick to the other team, and the other team has another chance to hide bones or rocks.
- Neither team can go past the kick stick that is used to divide the sides; if either team passes over they must give a stick to the other team.
- The teams must take turns trying to guess until one team wins all the sticks.

Rezinchki, Chinese Jump Rope, Elastics



This game is played in Russia, China, and the British Isles.

AGE:

3 years of age or older.

PLAYERS:

Minimum of 3 players.

EQUIPMENT:

An elastic or jump rope (about 3 meters long) tied to make a circle/loop.

OBJECTIVE:

To jump on the elastic/rope in a pattern that you have made up.

HOW TO PLAY THE GAME:

- Two children face each other with the elastic around their ankles, far enough apart for it to be taut (not drooping).
- The other players take turns jumping in a pattern on and around the elastic. For example, a pattern can be: right foot, right foot, left foot, both feet, both feet, left foot, left foot, right foot, both feet, both feet and repeat.
- Make up your own pattern!
- When the person jumping makes a mistake, they change places with one of the people who are holding the elastic and the next person takes a turn jumping.

OTHER WAYS TO PLAY:

- Move the elastic higher to make it more difficult (e.g., move the elastic up to the knees).

One to Beki

This game is played in South Africa.

AGE:

5 years of age or older.

PLAYERS:

Minimum of 3 players.

EQUIPMENT:

A long skipping rope and lots of space.

OBJECTIVE:

To skip rope in a pattern that you have made up.

HOW TO PLAY THE GAME:

- Two people each take an end of a long skipping rope and stand far enough apart that the rope is slack.
- They turn the rope slowly in unison in a large circle. The rope should skim the ground and then arc up in a circle tall enough to go over a person's head.
- Continue turning the rope while a jumper stands in the middle and jumps over the rope when it comes to the ground.
- Participants take turns jumping, entering just after the rope hits the ground and then jumping just before the rope hits the ground again, while facing the direction that the rope is coming from. The jumper does this a second time.
- The third time the rope comes around, the jumper should lift their toes up (but leave their heels down) to "catch" the rope for an instant; then they place their toes down and lift their heels up to let the rope continue turning.
- While the rope is turning, the jumper then spins while jumping to face in the opposite direction.
- They jump over the rope twice more and on the third time the rope comes around, they lift their heels up and again catch the rope for and instant; then place their heels down, lift their toes and let the rope continue turning.
- The jumper repeats this pattern until the rope gets caught and stops turning. The jumper then becomes a rope turner and a new person is the jumper.

OTHER WAYS TO PLAY:

- Make up different patterns. Try catching the rope with one foot instead of two.

Sea and Earth (Mar y Tierra)

This game is played in countries across South America and in Spain.

AGE:

All ages.

PLAYERS:

Minimum of 3 players.

EQUIPMENT:

Something to make a line (e.g., rope or chalk) and lots of space.

OBJECTIVE:

To correctly hop to the "Sea" or "Earth" side of a line when "Mar" or "Tierra" is called out and be the last person to not make a mistake.

HOW TO PLAY THE GAME:

- Draw a straight line or use a naturally occurring line long enough to accommodate all players. One side of the line is Mar (sea) and the other is Tierra (Earth).
- Designate a person to randomly call out "Mar" or "Tierra".
- Players jump across the line (or in place) to be on the side of the word that is called out.
- If a player jumps on the wrong side, they are out.
- The game continues until one person is left. They call out "Mar" or "Tierra" in the next round.

OTHER WAYS TO PLAY:

- Speed up or slow down the commands to make it easier or harder.
- Use a short wall as a line to make the game harder for older players.

Stapoo, Pon, Sek, Piko, Hopscotch

Games similar to Hopscotch are played in countries all around the world including India, Cuba, Turkey, Philippines, and the UK.

AGE:
All ages.

PLAYERS:
1 player or more.

EQUIPMENT:
A rock/beanbag as a marker, chalk, and a large cement space to draw a court (you can also scratch a court onto the dirt with a stick).

OBJECTIVE:
To hop to the end of the court while tossing a rock or beanbag.

HOW TO PLAY THE GAME:

- Draw a court of 10 squares in the pattern shown.
- Number the squares 1 to 10.
- Toss a rock (or beanbag) onto the first square.
- On one foot, hop over the square with the rock to the second square.
- Hop on one foot unless there are 2 squares side-by-side, in which case jump with a foot in each square.
- Continue jumping on the squares in numeric order until reaching the end, then turn around and hop back.
- On the way back, pause in the square before the marker and pick up the marker and finish hopping out.
- Toss the rock onto square 2.
- On one foot, hop in Square 1, then hop over square 2 (with the rock in it) to square 3.
- Continue jumping through the court.
- On the way back, stop in square 3 to bend over and pick up the rock from square 2.
- Continue until you finish with the rock in the 10th square.
- If you step on a line, hop in a square containing a rock, put two feet in the same square or hop in the wrong square, then you have to go back to the beginning and start over (or the next person could go).

OTHER WAYS TO PLAY:

- You can draw the court in different patterns, or make the squares bigger or spaced further apart to make the game more challenging.

Dox-en-Eye

This game originated with the Haida people from Haida Gwaii. It is similar to the European game called Red Rover.

AGE:

All ages.

PLAYERS:

Large group, players will be divided into two equal numbered teams.

EQUIPMENT:

1 large stick "Dox-en-Eye" stick (you can use another object).

OBJECTIVE:

To get all players on one team.

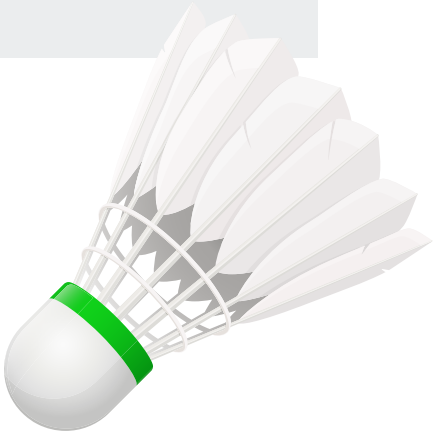
HOW TO PLAY THE GAME:

- Two equal sized teams face each other in 2 lines about 5 metres apart.
- Team 1 begins with the Dox-en-Eye stick. A member of the team holds the stick and thumps it on the ground and calls Dox-en-Eye, Dox-en-Eye, we want player 1 to come.
- Player 1 from Team 2, then has to walk across to team 1, without smiling, and take the Dox-en-Eye stick then walk backwards to their own team, still without smiling.
- If Player 1 doesn't smile, player 1 gets to stay with their team. If Player 1 smiles, Player 1 must join the other team.
- Team 1 must stay standing in their line. They cannot touch player 1 but they can do anything to try and make player 1 smile. Funny faces, sounds, silly sayings are all fair.
- Team 2 now calls player 2 from Team 1 over.
- Teams continue to switch and call people over until all the players end up on one side.

Games with Balls/Beanbags

Jianzi (also known as Shuttlecock or Hacky Sack)

Jianzi is played in China and is similar to Hacky Sack in Canada. The shuttlecock (called a "jianzi" in the Chinese game and a Chinese hacky sack or "kinja" in English) typically has four feathers fixed into a rubber sole or plastic disc.



AGE:

All ages.

PLAYERS:

2 players or more.

EQUIPMENT:

A shuttlecock, hacky sack or beanbag.

OBJECTIVE:

To keep the shuttlecock from falling to the ground without using hands.

HOW TO PLAY THE GAME:

- Two players face each other.
- If there are more than two players, they form a circle.
- Toss the shuttlecock into the air, and then use your body (except for hands) to keep the shuttlecock in the air.
- You can play until the shuttlecock has been "hit" 10 times, or you can decide the number of "hits" you want to reach before stopping.
- Your team can also keep playing for as long as possible.

OTHER VERSIONS

- This game can also be played using a net and a court with three players on each side. Each time uses their feet to prevent the shuttlecock from touching the ground on their side, and kicks it over the net to the other team's side.
- To play with a hacky sack instead, two or more players stand in a circle and kick the hacky sack (a small, round bag filled with dry grain or sand) into the air. The goal is to keep the sack in the air for as long as possible.

Tumbang Preso (similar to Kick the Can)

This game is played in the Philippines.

AGE:

Children over the age of 7 years.

PLAYERS:

Minimum of 3 players; works best with no more than 9 players.

EQUIPMENT:

A target object that can be knocked over (e.g., a can, empty milk carton or plastic bowling pin), and things to throw at the object (e.g., slippers, flip flops or bean bags) that are called *pamato*; something to draw lines on the ground, such as chalk or rope.

OBJECTIVE:

To knock the object (e.g., the can) over.

HOW TO PLAY THE GAME:

- Make a small circle on the ground with rope or chalk (or scratched into dirt) and place the empty can (or other target object) within it; make another line a few meters away.
- One child is the prisoner (the "preso") or defender of the empty can sitting on the ground within a small circle.
- All other players line up behind the line, and have two slippers, flip flops or bean bags each for their *pamato*.
- Players throw their *pamato* low to the ground and try to knock over the target object (e.g., the can).
- The prisoner must try to prevent the other players from knocking down the target object with their *pamato*.
- After the players throw their *pamato*, they must run forward over the line to retrieve them.
- The prisoner can chase and try to tag the other players as they're retrieving their *pamato* as long as the can is standing up. If the can gets knocked over, the prisoner must hurry, turn it upright again in the circle and then can start tagging again.
- A player who is tagged by the prisoner then becomes the prisoner.
- If the can is knocked down, the *pamato* that knocked over the can cannot be used again. The game goes on until all the *pamato* have been used.

Zbjak Aka (also known as Dodgeball)

Zbjak Aka is played in Poland. It is known in Canada as Dodgeball.

AGE:
Children over the age of 7 years.

PLAYERS:
8 or more players are needed.

EQUIPMENT:
A field, something to divide the field in two halves (e.g., rope, cones) and balls.

OBJECTIVE:
To gain points for your team by hitting players on the opposite team with a ball below the waist.

HOW TO PLAY THE GAME:

- Divide a field into two equal parts, using a line/rope.
- Divide players into 2 teams and have them line up on opposite ends of the field, with one team on either side of the line/rope.
- Put the balls on the centre line.
- Yell, "Begin!" Players from each team run to the centre and try to grab a ball and toss it at the opposing team.
- If you go over the centre line, you are out.
- The game is based on mutual "zbijaniu się" – hitting the ball to those in the opposing team.
- "Zbicie" occurs when the thrown ball touches a player of the opposing team and hits the ground. Each "zbicie" is counted as one point for the team that threw the ball.
- If the ball hits someone but is caught before it touches the ground, then there are no points.
- The team with the most points (or the first to get to a predetermined number of points) wins.

OTHER WAYS TO PLAY:

- When a ball you throw is caught by the opposing team, then you are out. If you catch a ball thrown by the other team, someone on your team who was out can rejoin the game. The game continues until all players of one team are out.

Catch Don't Catch (also known as Edible Inedible)

Edible/Inedible is played in Russia.

AGE:
Children over the age of 7 years.

PLAYERS:
Minimum of 3 players.

EQUIPMENT:
A bouncy ball.

OBJECTIVE:
Players have to think about whether or not to catch a ball based on verbal cues given by another player.

HOW TO PLAY THE GAME:

- All players sit or stand in a row.
- The lead player throws a ball to one of the participants and at the same time calls out an object.
- If the object is edible (can be eaten), the player catches the ball. If the object is inedible (can't be eaten), the player bounces it away.
- The leader tries to confuse the players, for example, by saying "apple", "melon", "carrot", and "potato" in a row, and then suddenly saying "iron".
- If a player makes a mistake and "eats" (catches) an inedible object, they become the new leader.
- The faster the leader throws the ball and calls out objects, the more exciting and fun the game is!

OTHER WAYS TO PLAY:

- Instead of calling out items which are edible or inedible, call out names of fruits and vegetables; children have to think quickly which are vegetables and which are fruits.

Kho Kho

Kho Kho is played in India.

AGE:
Children over the age of 9 years.

PLAYERS:
12-18 players are needed to form 2 teams of equal numbers.

EQUIPMENT:
Poles (or cones), centre line (rope or chalk), cones to mark the court and a timer.

OBJECTIVE:
The team to tag 6 players the fastest wins.

HOW TO PLAY THE GAME:

- Divide the group into two teams. One team will be chasing and the other will be defending.
- Mark out a rectangular court with chalk or with cones at the corners, and mark a centre line lengthways down the court, with poles at either end of the centre line.
- The team chasing: There is one player designated as the chaser who stands at one of the poles. The rest of the team is sitting on their knees along the centre line, facing opposite directions and spaced out equally. Player 1 faces the right side of the court, player 2 faces the left, player 3 faces the right, and so on. Only one chaser can be active at a time and each player can only go in the half of the court they were facing while kneeling along the centre line.
- The defending team: One or two defending players will enter the court at a time and can run anywhere on either side of the court (unlike the chasers) to avoid being tagged by a chaser. Players are out once they are tagged by a chaser; they are then replaced by another member of the defending team.
- To start play: Start the timer as the first defenders enter the court and the first designated chaser starts, running into one half of the court and trying to tag the defenders on that side of the court. The chaser must stay on the half of the court they entered into unless they reach the end of the court and run around the other pole to the opposite side. The rest of the chasing team remains kneeling along the centre line.
- Every time defenders cross the centre line into the other side of the court, the chaser can tag another teammate who is facing that other side and release that person to become the new chaser. The old chaser then kneels down in the new chaser's place.
- The new chaser can only go into the half of the court that they were facing while kneeling (unless they reach the end of the court and go around the pole).
- Once all the defending players have been tagged out, the timer stops and the teams will switch.
- This is all being timed. The team to tag players out the fastest will win.
- For more instructions, please visit: https://www.youtube.com/watch?v=kD-D6QWDn7k

Other Sources for Games

In some cases we needed more information in order to provide clear instructions for the games that were submitted. The sources below provided more details and context for our games!

What time is it Mr. Wolf: https://ourpastimes.com/european-games-for-kids-13583180.html
Holding the Pail: http://www.saskschoolsinfo.com/firstnations/games.html
Big Bear: https://www.wikihow.com/Play-Big-Bear%27s-Den-(Ukrainian-Snow-Game)
Fox and Chickens: http://www.estcomp.ro/~cfg/romania37.html
Catch the Dragon's Tail: https://www.activityvillage.co.uk/catch-the-dragons-tail
Cat and Mouse: https://www.activityvillage.co.uk/cat-catching-mice
Kakopi: https://internationalneeds.wordpress.com/tag/kakopi/
Bolingo: http://www.sendacow.org.uk/lessonsfromafrica/assets/files/Ugandan-childrens-games.pdf
Jianzi: https://en.wikipedia.org/wiki/Jianzi#The_informal_game
Catch don't Catch: https://www.rbth.com/arts/2014/05/10/9_soviet_childrens_yard_games_36415.html

All 5 games below were supported by this source:

https://ourpastimes.com/kenyan-kids-games-6735975.html

Elephant Stampede (also known as Octopus Tag)
Safari
Splish splish splash
Escape the Lions
Save the Savanah

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