

## THE BEAR HUNT

Take a seated position in front where all can see you. Narrate as follows:

**Would you like to go on a bear hunt? Watch me and do all the things I do and repeat after me all the things that I say.**

**Here we go.** Start rhythmic slapping on knees with hands.

**We're going on a bear hunt.** Response.

**OH OH – There's a bridge – Can't go around it – Can't go under it – Must go over it!**

**Through the Gate.** Clap hands. Back to rhythmic slapping on knees with hands.

**OH OH – There's a bridge – Can't go around it – Can't go under it – Must go over it!**

**All set!**

**Let's Go!** Beat fist on chest. Back to rhythmic slapping on knees with hands.

**OH OH – There's a swamp – Can't go over it – Can't go around – Must go through it!**

**All Set?**

**Let's Go!** Hold nose, swim with one arm. Back to rhythmic slapping on knees with hands.

**OH OH – There's a river – Can't go around it – Can't go under it – Must go over it!**

**All set?**

**Let's Go!** Swim with both arms. Back to rhythmic slapping on knees with hands.

**OH OH – There's a tree. Let's climb it!** Alternate reaching up and pulling down arms as if climbing.

**OOOOO! There's a Cave. Let's Explore it!** Alternate starting at shoulder and pushing up arm as climbing down the tree. Back to rhythmic slapping on knees with hands.

**OOOOO! It's dark in the cave.** Slow down slapping on knees.

**Stop slapping knees. What's this? – It looks like a bear – It feels like a bear – IT'S A BEAR!!!**

Quickly repeat in reverse order all the motions. **Whew! Now you have been on a bear hunt!**

## RAIN

Everyone sits in a circle with their eyes closed (optional). The leader starts by rubbing her hands together. The person to the right of the leader listens for this sound and then joins in, then the next person to the right, until everyone is doing it. The sound this rubbing makes is much like a soft spray of rain. When all are rubbing their hands, the leader than starts a new sound—finger snapping. The rain is gaining in intensity. Each player must continue to rub hands until she hears the person on their left change sounds. After finger snapping has gone all the way around, the leader starts the next sound—hands slapping thighs. Finally hands slapping thighs plus stomping feet. To end the rain storm, completely reverse the activities. The last sound to be passed is a silence as each person, one by one stops rubbing hands.

## SPOT THE LION – AN AFRICAN GAME

Divide the group into teams of 5 to 8 people. Give each team its own corner or place. On signal the girls scatter and stand with their eyes shut. Leader runs around tapping each girl lightly on the back. On one girl she puts a piece of tape and unknown to that girl she becomes the "lion". When everyone has been tapped, the leader shouts "the Lion is Loose!" All girls open their eyes and run about seeing if they can spot the lion. When a girl spots the lion, she heads back to her team's corner without trying to arouse the suspicion of the lion. If a girl thinks she is the lion (no girl is allowed to touch her back to see if she is the lion), she heads to the center of the room and roars loudly. When this happens all girls freeze. If the girl is the lion, the game ends. If not, the game continues for one more minute before time is called. The team with the most players in their corner is the winner.

## **ISLANDS**

Place a few Frisbees on the ground and have everyone start prancing around them while clapping or singing. When the Referee signals "Islands", everyone runs to touch a Frisbee. The last person touching a Frisbee is out. When the group gets smaller, remove an "Island". VARIATION: If any two people touch while running to an "Island," they are out also.

## **Name Train**

Form a circle. One becomes "locomotive". Locomotive "chugs" around inside of circle and stops at a person. "Hi! I'm Alice". "I'm Kathy," Locomotive exalts the group to cheer 5 times "Kathy! Kathy! Kathy! Kathy! Kathy!" Kathy puts hands on hips of Alice and off they go to get another "car." "Hi! I'm Alice". "I'm Dot". Locomotive chants name with group 5 times. Dot holds Kathy's hips and Alice now becomes "caboose" and Kathy is locomotive. Locomotive chugs around and the next person becomes the caboose after every cheer until all are part of train.