

LION'S DEN

READY

EQUIPMENT:

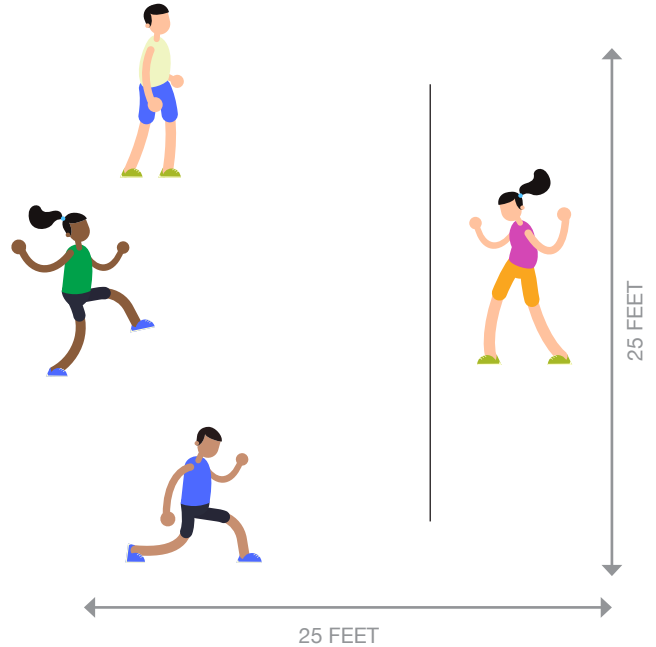
NONE

SET-UP:

PLAYERS FORM A CIRCLE

NUMBER OF PLAYERS: 4+

TIME: 10 MINUTES +



EXPLAIN

- 1 Players line up standing 6 feet away from each other. Players are the hunters, and the leader is the lion.
- 2 When the lion is in its den, it goes to sleep. Hunters must silently tip-toe to try and make it past the den.
- 3 If the lion hears any noise, it will wake up and roar! The hunters must freeze. If a hunter is caught moving by the lion, he or she must return to the starting line.
- 4 The hunter that makes it past the den first becomes the new lion.

✓ **For Understanding:**

- How should hunters approach the lion?
- How does a hunter become a lion?

GAME TIP:

- Instead of going back to the starting line, have the hunter do an exercise and rejoin the game.

CONFLICT RESOLUTION TIP:

- Do not feed into any player arguments if he or she is caught moving. You get what you get, and you don't get upset.

CATEGORY:
 BEGINNER

ENVIRONMENT:
 GYMNASIUM,
 HALLWAY,
 PLAYGROUND

GRADES:
 K-8

FITNESS FOCUS:



BACK-UP GAMES:

ANIMAL FARM
 HIDING NEMO
 HIGH WIRE

PLAY → REP IT OUT!

- **EASY:** Walk or side shuffle.
- **MEDIUM:** Freeze for 10 seconds.
- **HARD:** Freeze on one foot.