



**THE PLAY SPIRITS
GAMES
CHALLENGE!**





Hello and thank you for participating in the Play Spirits Game Challenge! The value of playing in nature is underestimated. New findings show how important playing in nature is for children to have healthy and balanced social, mental and physical development. For this reason, THE PLAY SPIRITS' PLAYGROUND is not a typical children's book – it is tied directly to children's participation and contribution. It is our hope that the book gives the actual gift of play back to children and gets children out of their chairs and into fresh air!

The overall mission of the book is for every child in the world to evolve and to become a Play Spirit. The way that children become Play Spirits is easy! All they have to do is:

1. Illustrate their own copy of the book (The Play Spirits' Playground Companion Art Book) and create their own Play Spirit totem. This creative activity is an important step for children becoming Play Spirits. They can begin to visualize how other children play in different cultures around the world and expand their ideas of what it means to play. It sets the foundation for them to complete Step #2.
2. Next, children have to play at least 5 Play Spirit Games in nature. This gets children thinking about how to play games and what makes games fun. Completing this is an important step for children to be able to complete Step #3
3. Here, children are asked to invent their own Play Spirit game to play outside! This is the most important step in becoming an Play Spirit. After children invent their own game they now have the knowledge to inspire other children to play!

The goal is for children to be inspired by games that other children invent. Therefore, the Play Spirits Playground website (www.playspirits.com) aims to become a place where children can visit to find new games to play. Therefore, we ask children who participate in the Play Spirits Game Challenge to write their own descriptions of their new games, take photos while playing their new games and create any other media that will help other children around the world understand how to play their games - videos, artwork, ideas for costumes/uniforms, rules, etc. Then, parents are encouraged to send this new game documentation to kibakibabooks@gmail.com to be shared with other children around the world on www.playspirits.com.

The project is all about giving children a space to be inspired by each other!





RULES FOR THE PLAY SPIRIT GAMES:

Groups of children can play the games anyway they'd like and give each game a personal twist.

Players: Most games can be played with 3-10 players.

Environment: Games are best played in natural environments with rich vegetation – trees, bushes, roots, rocks, and other places to hide. Some of the games are better played in a forest, while others are better played on fields. Most games can be played anywhere.

Adult supervision is always recommended.







HAWK AND DUCKLINGS

One hawk tries to catch all the ducklings. Once a duckling is caught, he becomes a hawk too, trying to help out the “old” hawk. All the ducklings start on one side of the field, forest, ice or play area. When the hawk asks the ducklings to come forward, they try to cross the area to the other safe side without being taken (tagged) by the hawk.

THE ONE

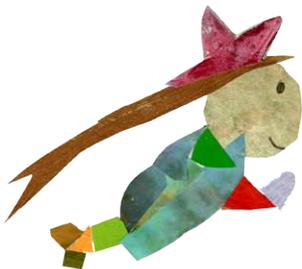
Everyone chases one player. The game starts when one of the players “The One” sets off to escape the rest of the players. This game works on skis, skates and in natural environments with trees, bushes and places to climb and hike. Once “The One” is caught by anyone in the group, a new player is named “The One.” This game is the opposite of a tag game.

THE NORTH WIND

The game starts when one player is named “The North Wind” and one player is named “The South Wind.” The north wind blows cool air on other kids. When they are touched or tagged by the “North wind” they have to stand still. The South Wind is warm and tries to unfreeze the tagged children.

THE SMUGGLER

The object of the game is for teams to smuggle an object (hidden inside one of the players fist) over to the other teams back line. The team that is smuggling tries not to get tagged by the other team. When a player is tagged, he has to open his fist and show if he has the object and is the smuggler. Both teams start at the same time behind their back lines. If the teams are able to get across to the other team’s back line, they score a point and get to smuggle again. If the person who is the smuggler is tagged, it’s the other teams turn to smuggle. The children decide how big the area is, if it is in the forest or on a field and how long to play.







THE WINTER KING

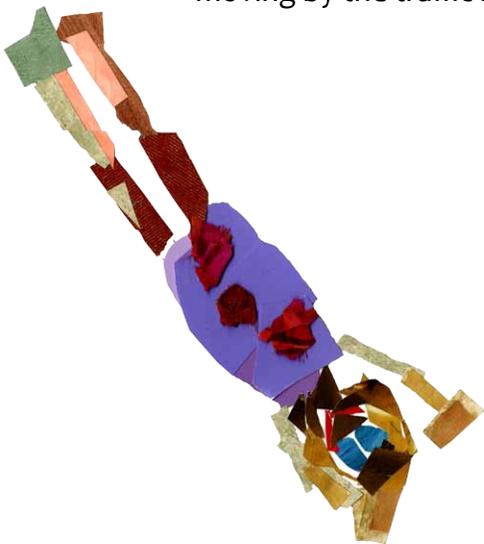
This game can also be played on a field. One side of the ice/area is the cold area. The other side of the ice/area is the warm area. All the children stand on a line. When the leader yells “cold” they are supposed to run towards the cold area. When the leader yells “warm”, they are supposed to run to the warm area. If the leader yells “snowstorm,” they all have to sit down. This game can be played in many ways. One way is that the children who run towards the wrong side of the area are out.

THE RIVER

All kids lock arms. One end of the line begins to move. Watch how the rest must follow - like water - very powerful force when there is a lot of it. The children create different movements and kicking patterns together, and move backwards, sideways and forward and in a circle.

THE RED LIGHT

One player starts on one side of an area. This player is the traffic light. The goal of the game is for players to reach the traffic light. They are allowed to move forward when the traffic light is standing with its back facing them. Once the traffic light turns around, all the players have to stop moving. If the players are seen moving by the traffic light, they have to go all the way back to the starting line.







HIDE AND SEEK IN A FOREST

HIDE AND SEEK IN GROUPS

Two or more groups of children are needed. One group starts being the seekers by closing their eyes for about 2 minutes, while the other groups hide. The group that is found first, counts the next round. The players decide on other rules like boundaries and how much time hiders get, etc.

KICK THE BALL

The object of the game is similar to hide and seek. One seeker counts at a base with a ball. When the ball is kicked, the seeker has to run and fetch the ball, bring it back to the base and then count again, while everyone else run off to hide. The seeker wants to find everyone, so someone else can be the seeker. In this game, the players that have been found can be freed by anyone of the other players. Players are freed if another player is able to reach the ball and kick it away while screaming “free.” The players decide their own rules for this game. They can decide the boundaries – where to hide, how long to count, how many rounds are maximum for each seeker, or how many players must be found before kicking the ball.

THE SIGN GAME

This game is similar to “Kick the Ball.” The difference is that when a child is found, they can escape if receiving a sign from another child who is still free. The sign can be a small wink or a smile. The children that are found have to go inside a decided boundary. The boundary could be a tree, or inside a circle. The children that escape must do this without being seen by the seeker.





NATURE GAMES





THE ANIMALS

Players take turns imitating different animals.
The rest of the players try to guess what animal is being imitated.

THE GATHERER

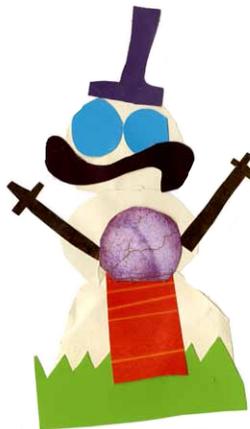
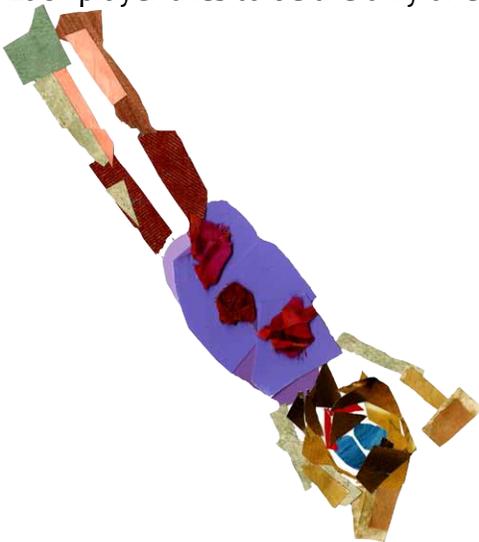
Find as many red leaves as possible in one minute... or acorns... or four leaf clovers. The one who has gathered the most wins and gets to decide what the players are going to find next.

THE CIRCLE

A group of children stand in a big circle. One kid skates or runs around the rest. When the child tags another child on the back, that child has to race or skate a full circle trying to get into the open spot first. The child who did not make it to the open spot, gets to tag someone else, and race for the open spot again. Variations include making different versions by defining different ways of running, or play the game in pairs.

KING OF THE CASTLE

Each player tries to be the only one at the top of a small hill. The one on the top is “the king of the castle.”





**CREATIVE
GAMES**





DANCE SHOW

Each team prepares a dance show for the other team. Then they both dance for each other.

THE DANCE GAME

Players move around (with or without music). When someone yells “stop”, or the music stops, the children have to stand still and hold the position. If they move, they have to sit out the next round.

PREPARE SOMETHING FUN TO DO FOR YOUR FRIENDS

Children take turns to lead the activity. Ideas for what to do: blindfold and lead the other team on a hike. Find rocks that can be used for juggling or make a game where everyone has three rocks to throw as close as possible to a tree or a big rock. The possibilities are endless for this game.

TRIATHLON

Children playing the game decide on one activity each. If there are 6 children playing the game, there will be six different activities in the “triathlon”. The activities can be handstand, cartwheel, rolling, swimming, running, juggling, backward crawling, biking etc. If you want, you can use a point system, where the winner gets one point, number two receives two points etc. The idea here is that the children get to pick and share their favorite activities with their friends.

FOLLOW THE LEADER

Take turns being the leader. The leader decides what everyone else will do. He will do a lot of different moves. The rest will try to do exactly the same moves. Be creative and try to find different ways of moving.

BUSH BALL

This game is played between trees in small forests or bushes. Players are divided into two teams. Each team needs a goal. The goal can be between two trees or a single tree. Using a ball, each team tries to score a goal on the opposite teams goal. The ball must be thrown between the team members, who can take 4 steps. The team, not controlling the ball, tries to take the ball from the other team. The players can not touch the other teams’ players while trying to catch the ball in the air or gain control of the ball if the opposite team misses a pass. The players decide on the rules, the area to play and how close to get to the goal etc.

