

There's a Bear!

This is a very simple game involving walking and running, and therefore best done outside. It can be done in 5 minutes or 15 minutes, with two children or a dozen.

Take a walk and tell children you're going on a "bear hunt." Tell them that they should walk, not run, EXCEPT if you spot a bear. Ask for a volunteer to help you role-play as you explain how it's done.

Instructions:

Go for a walk in a field, park, back yard or small open space. Walk for a minute or so and then say "There's a bear!" Children say, "Where?"

You point and say, "Over there!"

Now the children RUN in the other direction until you yell "STOP."

You can say, "Sorry, that was only a [fill in the blank with a different small animal each time, e.g., chipmunk, mouse, salamander, etc.]

Now all must walk until the next time you spot a bear!