

PENGUIN GAME



Come to a circle and pair up with the person next to you.
Label yourself Number 1 or Number 2.

- Did you know penguin families have unique sounds they use in case they can't find each other in a crowded huddle?
- Each pair needs to come up with a unique sound. This could be a clapping sequence, clicking, a word or penguin sound.

Build Self-Management, Physical Awareness and Social Awareness



1. Huddle in the middle of the room. Number 1 will need to have their eyes closed.
2. Number 2 will make the sound they both decided on, guiding their partner to the outside of the circle using this sound.
3. Focus your attention entirely on your partner and only use your sound to guide them to safety!
4. Once all pairs are safely on the outside of the circle, play again with Number 2 closing their eyes and Number 1 guiding them.



- This game works well if you use a clear sound to help your friend find you.
- Remember other players will be guiding their penguin back home, so what can you do to make sure your sound is clear enough for your partner?



What was helpful when guiding your penguin?

How did you feel when you were safely back to the outside of the circle?



Was it challenging to stay focused on the sound your partner was making when there were many other sounds? What helped you do this?

If you found this game hard, what sensations did you notice in your body?



Develops gross motor skills, fitness, balance, postural control, muscular strength, coordination, body awareness, muscle tone.



Learning through movement, increased focused attention, develops listening and decision-making skills.



I am helpful.

