



1, 2, 3 –  
REACTION IS THE KEY!



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## REACTION IS THE KEY!

### Objective

The game challenges the children's working memory in that they must remember which movements are related to the different messages (1,2,3). The children are also challenged to react quickly to a message. By changing the rules along the way, the game can be extra challenging.

### Equipment

No equipment required.

### Instructions

1. The children stand in a line or circle.
2. The adults says that different numbers have different rules. For instance, 1 = jump forwards, 2 = jump backwards and 3 = stand still.
3. When all the children have understood the rules, the adult shouts 1, 2 or 3, and the children do what the message means (1 = jump forwards, 2 = jump backwards and 3 = stand still).

### Variation

- The same movements can be kept, but change the movements associated with each number, e.g. 1 = jump backwards, 2 = stand still and 3 = jump forwards.
- The movements can be changed, e.g. 1 = lie down, 2 = jump up, 3 = stand still.
- Another variant is that the numbers could be attached to a specific place. For instance, 1 = run to one of the short walls or a specific tree, 2 = run to the opposite side or another tree. You can have as many rules as you wish.
- Various signals can be used instead of 1, 2, 3. For instance, a different number of claps is linked to each movement.