



DOG AND CAT



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Objective

This game requires the children focus on one or more tasks at the same time and to alternate between them. The children become engaged in the game and have to concentrate in order to keep track of the two different balls (the dog and cat), which are passed around among the children. More rules are gradually added, which means that the children have to remember, and effectively switch between the different tasks.

Equipment

Two different sized balls to represent a dog and cat (potentially add a small ball to represent a mouse).

Instructions

1. The children (approx. six) stand in a circle.
2. The children pass two balls in the same direction around the circle. The largest ball is the dog, which tries to catch up with the smallest ball, which is the cat.
3. At the start of the game, the balls must be as far away as possible from each other (two children opposite each other start with the balls).
4. For progression, both balls can after a short period of time be passed in the opposite direction when a clap is heard. The adult claps randomly, so the children will not know when a clap will be heard.
5. If it goes well with a clap as well, a small ball can be added as a mouse, which the cat will try to catch up with whilst the dog tries to catch up with the cat.

Variation

- The way in which the ball is passed around can be varied, e.g. over the head (strengthens the arms) or behind the back.
- Different standing positions can be used whilst passing the balls, e.g. on one foot or squatting down (strengthens the legs).