

FOR TODDLERS



# THE BEAR IS SLEEPING



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## Objective

In The Bear is Sleeping, the children practise cooperation skills and basic motor skills, and the tactile and kinaesthetic senses are stimulated.

## Equipment

No equipment required.

## Instructions

1. The children and one or two adults stand on all fours forming a circle. One of the children is the bear and lies in the centre of circle.
2. The children and the adults sing “The Bear is Sleeping” as they crawl around the bear.
3. When the song has finished, the bear tries to catch as many children and adults as possible. Those who are caught are bears in the next round.

## Variation

- As a variation, the children can move around in different ways. For instance, the children can run or jump. The bear could have a more difficult way of moving than the other children, if desired.