



# NORTH WIND AND SOUTH WIND



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## **Objective**

North Wind and South Wind is a variant of tag providing moderate to vigorous-intensity activity in that the child shall avoid being frozen by the north wind.

## **Equipment**

No equipment required.

## **Instructions**

1. Played in groups of at least eight children. Two children are the north wind and one child the south wind.
2. Mark out an area for the game.
3. The two children that are the north wind shall “freeze” as many children as possible by touching them. If one child is caught, he/she must stand completely still.
4. The south wind tries to save the “frozen stiff” by blowing on them.
5. Switch roles after a short period of time.

## **Variation**

- One variation of the game is to make the south wind secret, which will secretly save those who were frozen stiff.