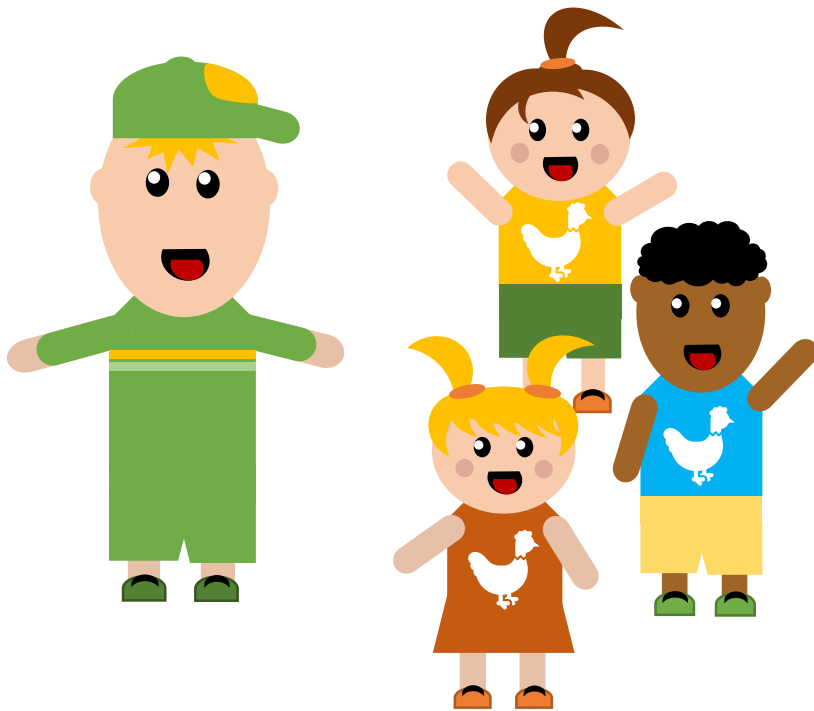




THE FARMER AND THE HENS



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Objective

In the farmer and the hens, the children will play at a high-intensity level in that the farmer runs after the hens, who must take care of their eggs.

Equipment

Two balls for each child (or bean bags, pinecones and so forth)

Instructions

1. This activity is a version of tag with a farmer(s) and hens.
2. Choose one or two children to be a farmer(s); the others are hens.
3. The hens hold an 'egg' in each hand symbolised by a small ball, bean bag, cone and so forth.
4. If the farmer touches the hens' hands or the eggs, the hens shall give both eggs to the farmer and they switch roles.

Tips

- A small 'safe area' area can be added (e.g. marked with cones or mats) where the hens can lay eggs and incubate, whilst taking a small break before having to go in the play area again.

Variation

- By adding more farmers, the intensity of the activity will increase, as the hens will have fewer breaks.
- You can decide how many hens can be in the safe area at the same time. If, for example, only two hens can be in the safe area, the hen that entered the safe area first must leave when a third hen enters.