

We respectfully acknowledge that the land on which we gather is the unceded, traditional, and ancestral territory of the Coast Salish Peoples, including the territories of the x̣m̄əθkwəỵəm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

GAMES WITH RULES

In play that involves a game with specific rules, children must understand and agree to the rules for the play to be successful. Younger children require simpler rules whereas older children often enjoy the challenge of more complex rules. Games with rules help children concentrate, understand limits and manage their behaviors to conform to rules. There are two major types of games with rules: table games and physical or movement games.

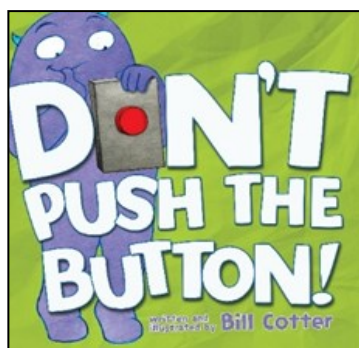


Activity — Frozen Fish

- When the leader of the game calls “go”, the players can run around and move in any way they want.
- When the leader says, “5-4-3-2-1, frozen fish!”, the players must lie down and be as still as possible.
- The leader walks among the fish and looks for movement.
- If the leader sees movement, the child has to get back up and move again.
- The goal is to stay still for as long as possible.

Book

- Don't Push the Button by Bill Cotter



Song

Sleepy Little Bunny

See the little bunny, sleeping till it's noon.

Shall we wake them with a merry tune?

Oh, so still. Are they ill?

Shhh...

Wake up bunny!

Hop little bunny, hop, hop, hop! (x3)



References

Play Today! A Guide for Families. https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/play_today_family_guide.pdf

Appetite to Play: Physical Activity—Frozen Fish. <https://www.appetitetoplay.com/physical-activity/games-activities-3-5-yrs/frozen-fish>

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