**Games & Teachings** (In no particular order of operations)

**Buddy System – Building Deeper Connections**

Teachings: Non-verbal communication, connection, collaboration,  **-**Mirror Game  
**-**Partnered Simon Says  
-Rhythm Master  
**-**Whoopy Balloon: Keep up, keep it going

**Team Building/Activation Games**

Teachings: Reflex, Strategy, Empathy, Trust

-Anyone who... (Using the four teachings)  
-Circle Hockey  
-Human knot **-**Color Touch  
-“I LOVE you but…”

**Trust Activities**

Teachings: **Respect, balancing life, trust,**

-Hand Push (Balance) **-**Human Spring or North Star Push  
-Squatting Tug of War

**Focus Games**

Teachings: Concentration, Memorization, listening skills

-Rope and Washer or hide the coin  
-Capture the Flag across the room without smiling  
-Secret Hand Shake  
-The listening games (2 voices and one set of ears)

**Meditation and Release**

Teachings: Collaboration, storytelling, group unity, Risk Taking, non-judgement   
-Eagle Cry  
**-**[**Going on Bear Hunt!**](https://www.youtube.com/watch?v=WzIcu6tbEko)  
-Descriptive Story Telling  
-Moral Teachings  
-Tire Pumper: Complimenting Peers

**Outdoor Games**

Teachings: Connection to natural objects, flexibility, cardiovascular awareness

-Fox-tail Ultimate  
-Call of the Wild/Screaming Eagle = run screaming for distance  
-Blind Tree/object hug  
-Soccer Baseball  
-Fox-tail Baseball/ultimate  
-Hide the washer  
-Catch the Tail circle  
-Human body charades  
-Snake Bite - Stick out tongue to kill  
-Rattle Snake and Mouse Tag  
-Leading the Blind (Tree Find)

**-Fox Tail Games (Learning to Create with Nature)**  
          Balloon Race  
          Knock over the bottle  
          Frog and Fly

Credits to: Professor of Aboriginal Games (Blair Robillard )

Resources:

Bit.do/abgames2018

Indigenous Games for Children: [indigenous-games-for-children-en.pdf (nscrd.com)](https://www.nscrd.com/uploads/document/files/indigenous-games-for-children-en.pdf)