



Bear Tag

A playful warm up game to get a group used to each other. Players must find safety with each other to be protected from the bear.

Primer

Imagine a time before the 17th century in England, when bears still roamed the land.

- Before the last ice age the brown bear, *ursus arctos*, was widespread across Britain.
- The numbers of bears in Britain started to decline during the stone age, and reduced further during the iron age.
- It's thought that during the Roman era the bears in Britain were imported from Europe.
- Bears eat grass, fruit, insects, roots and bulbs of plants and, when hungry enough, they will hunt small animals. Brown bears that live near the coast feed on fish, and particularly enjoy salmon.
- Today brown bears live in the forests and mountains of northern North America, Europe, and Asia. It is the most widely distributed bear in the world.
- The world's largest brown bears are found in coastal British Columbia and Alaska, and on islands such as Kodiak.

Ages

7 years +

Duration

5 mins explanation. 5 - 10 mins playing then change catcher. We usually play about 3 rounds.

Set Up

You will need a playing area with a boundary which can be marked by bags or cones. Just outside the playing area set up a 'bears picnic box', this can be marked by a cone or bag. The smaller the playing area the easier it is to catch the players.

How To

- Tell the players about the time when bears roamed the land.
- In this game the bears like to eat children!
- If a player gets tagged by a bear they must go straight to the bears picnic box.
- When a second player is tagged they also join the picnic box and the first player shuffles along to the end. When the third player is caught the same thing happens.

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When the fourth player is caught, there's not enough space in the picnic box and the first player pops out and rejoins the game.

- To be safe from a bear two players need to come together holding hands, stand very still and pretend to be a rock. The bears in this game can't see very well and are tricked into thinking that two players are actually a rock. The bear then wanders off in search of other children.
- Two players can only hold a rock position for a count of five seconds. Bears don't hang around rocks to wait for food to show up so they wander off.
- When two players have come together to be a rock they must then let go of hands and find someone else to be a rock with, otherwise the bear gets suspicious!
- Choose your bears and start the game with the bears standing next to you to give the players time to run away.

Equipment Needed

- A marked boundary, this could be a natural boundary, a rope, cones, bags.
- A marked 'picnic box' this could be some bags or cones.
- Optional: something to identify the bears: this could be a bandanna or a band.

Variations

- Depending on the numbers you may wish to vary the amount of bears and the amount of players that can be in the picnic box at any one time.
- Once a group is familiar with this game, you can tell them that the bears started to notice these funny shaped rocks and now to be safe from the bear you must become a tree where you stand with someone else and between the two of you, you have 3 feet on the ground.

Playing Environment

This game works best in open or semi open spaces.

Teacher Tricks and Tips

- Change the number of players that fit in the picnic box according to the number of players. If you have 10 players and one bear you may just want one or two to fit in the picnic box.
- Keep an eye on the picnic box when you first start to play so that there is a clear order. When the order is established you can then walk away from it.

Invisible Learning

- Agility and feeling fully alive
- Developing awareness
- Building a sense of a group, players come together with a simple touching gesture
- Proprioception - body position and movement
- Developing an unconscious understanding of helping each other - players need to come together to be safe

Hazards to Highlight

- Remind players to look where they are going.
- Make sure the playing area is as open as possible and free from obstacles.

Risk Assessment Considerations

These are the risk assessment consideration documents to be referred to for this activity.

- Site risk assessment (specific to your site)
- High Energy Circle Games

Links

- Warm up games
- Animal forms

Tags

- Warm up game
- Bears
- Tagging game
- Chasing game