



Cat's Tail



Where Can I Play:
**Indoors or
Outdoors**

Let's Play



Activity 1

- Talk to the child about lots of big cats. Can they move around and roar like these animals?

Activity 2

- Tuck a (tail) sock into the back of the child's trousers. Tell them you are going to chase them to steal their tail. Swap over and ask them to chase you. Roar like the big cats.

Activity 3

- Have 2 safe zones where tails can't be stolen. Prowl around roaring like the big cats whilst the child is in the safe zone. Help them to make decisions on the best time to run from the safe zone.

Let's Change Things



- Have a tail each, move around the space then shout stop. Can you reach to steal the others tail?
- Ask some others to play - how many tails can they steal?
- Limit the time allowed to stay in the safe zone, for example, count to 5 and then they have to come out.

Why? Helps to develop:



- being able to change direction quickly
- speed
- decision making

What you need:



Adult Sock

☆ Activity Theme
LOCOMOTION

