Game → Bear Crawl Nut Hunt

Objective

The goal of this game is for the bears to collect nuts before Winter arrives, all while balancing on their hands and feet!

Set-Up

- Divide participants into groups of 2–3.
- For each group, set up a course by placing 5–6 hula hoops in a straight line with one bean bag (i.e. "nut") inside each hoop.
- Before starting, explain to the children, "Winter is coming, and you are bears who need to collect as many nuts as possible before the snow arrives!"
- The first bear in each group gets into a bear crawl position, with their hands inside the first hula hoop and feet outside.
- On your "Go!" signal, the participant bear crawls down the course. While staying in the bear crawl pose, they pick up each bean bag and place it outside of the hoops.
- Once they reach the end of the course, the participant skips back to their group.
- The next person in line bear crawls down the course, taking each bean bag from outside and placing it back inside the hoops.
- Continue until everyone has a turn or for a designated period of time.

Adaptations and Modifications

- Change the locomotion used to get back to the group!
- Add or take away the amount of hula hoops in the course.
- Allow participants to crawl on their knees during the bear crawl.

Safety

- Ensure that groups are spaced out safely.

Diagram: Bear Crawl Nut Hunt



Equipment

Bean bags, hula hoops