Game → Leaf Drift

Objective

The goal of this game is to move through the forest without stepping on any fallen leaves!

Set-Up

- Use four cones to mark the activity space.
- Scatter polyspots around the space, these will act as your “fallen leaves”. If playing outside, you can use real fallen leaves.
- Have participants spread around the space.
- On your signal, “The wind is blowing!”, participants skip around the leaves, without stepping on them.
  - On your signal “Change direction!”, participants find a new direction to skip.
  - On your signal, “The wind is getting stronger!”, participants begin to jog.
  - On your signal, “The wind is slowing down!”, participants return to skipping.
- Play for a designated period of time.

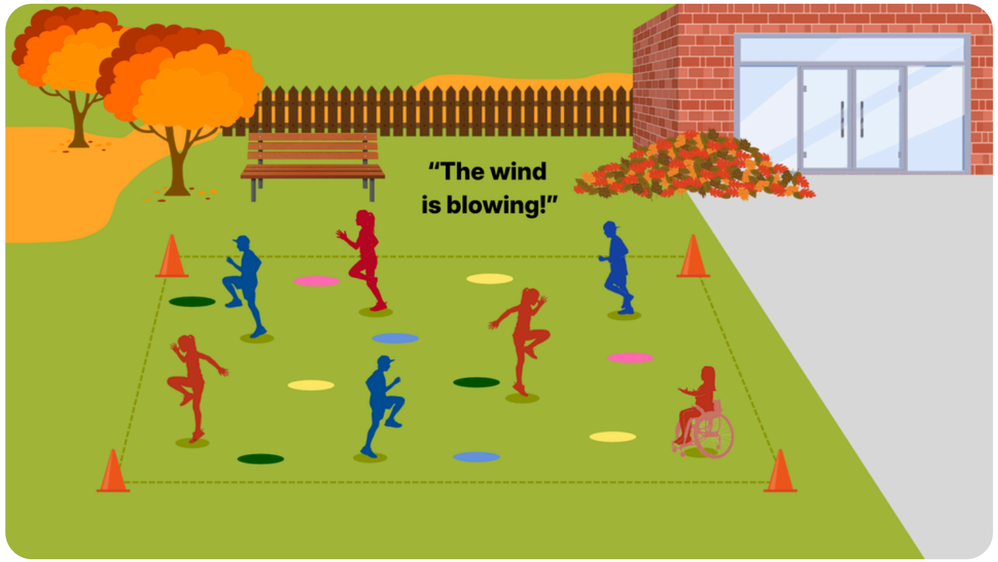
Adaptations and Modifications

- Increase/decrease the number of leaves.
- Increase/decrease the activity space.
- Change the locomotion to move around the space.

Safety

- Make sure that participants are adequately spaced out.
- Allow participants to speed walk and then progress to skipping around the activity space.
- Make sure that participants keep their head up and are mindful of others while moving around the activity space.

Diagram: Leaf Drift



Equipment Polyspots, cones