

THE GUARDIAN

This activity aims to make students move, focus on each other and have fun. It's called The Guardian because everything valuable and precious needs to be guarded and watched. Not only should the Earth and nature be well-guarded but we should also take good care of each other. However this activity has a twist because the one who should be guarded will try to escape their guardian. This is a well-known activity for kids in various cultures.

Students stand in a circle with you sitting or standing in the middle.

Now, please, make pairs. One of you keeps standing (the guardian) The partner sits close in front of you facing the centre of the circle. The guardian's role is to keep looking down at their partner's head. They cannot look anywhere else, and their hands must be behind their back. The sitting partner represents a precious treasure. The task of the treasure is to escape from the guardian. If the treasure tries to escape towards the middle of the circle, the guardian must try to catch them by touching them. If the guardian succeeds and touches him or her, they swap roles with the treasure.

The treasure (sitting person) can only escape if the person in the middle (the teacher) winks at them. If the treasure manages to escape, they swap places with the teacher, who becomes the guardian of the unsuccessful guardian (becoming the new treasure). Then the new student in the middle looks around and winks at one of the treasures so they can try to escape again.