



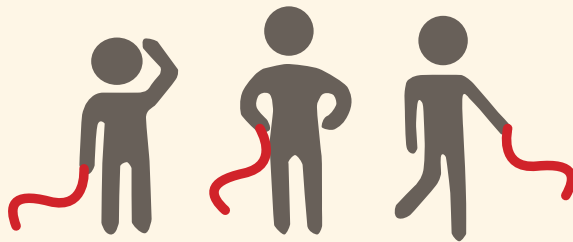
Goldilocks-games

Catch the Tail



1

All children are given a tail which is attached to the body.



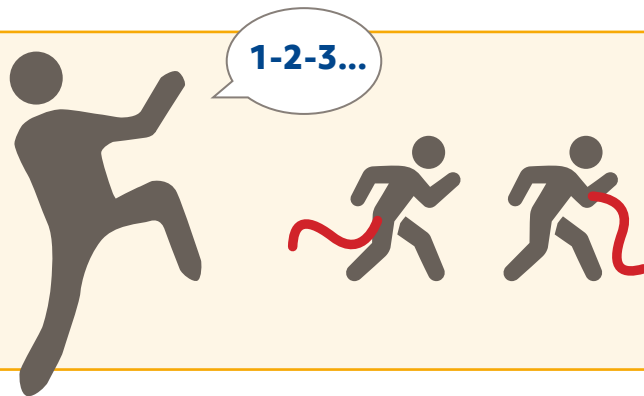
2

A child draws an exercise and a number (4-9) from a box.



3

Immediately, the childcare workers perform the exercise the drawn number of times. Simultaneously, the children run away.

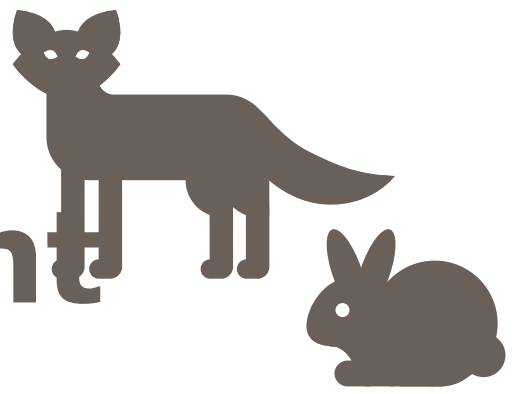


4

When the childcare workers have finished the exercise, they run out and collect the tails from the children.



Rabbit Hunt



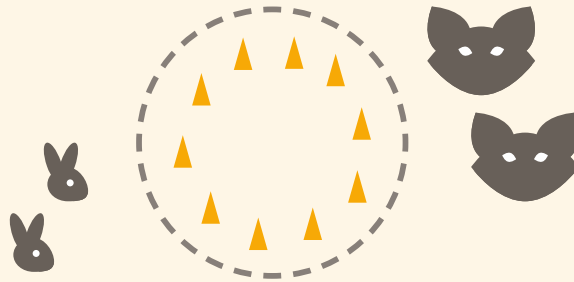
1

8-12 cones are placed so they form a circle. The childcare workers and children place themselves on opposite sides of the circle.



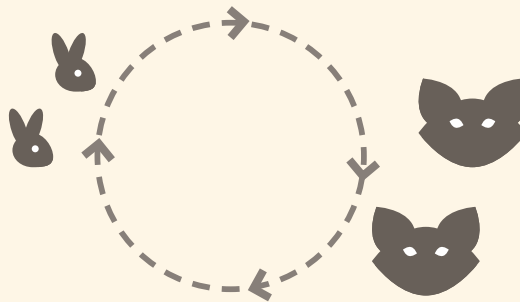
2

The childcare workers act as foxes while the children act as rabbits.



3

The foxes start chasing the rabbits. It is only permitted to run clockwise around the circle.

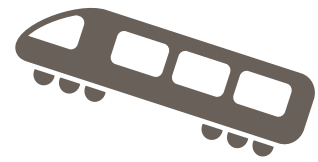


4

When a fox catches a rabbit, all foxes have to do five repetitions of an exercise (e.g. burpees or jumping jacks) before they are allowed to chase the rabbits again.

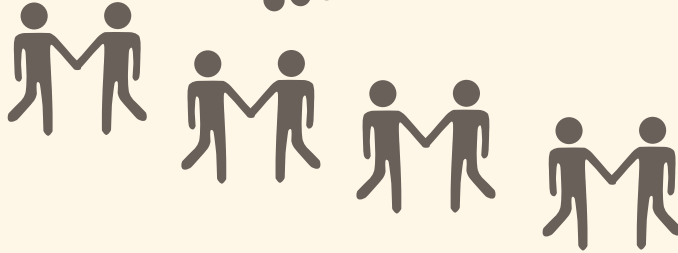


Goldilocks Train



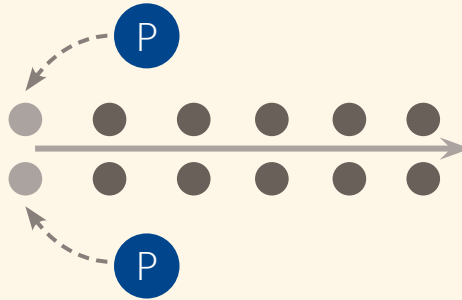
1

All children are paired and walk hand-in-hand in a straight line. The childcare workers walk at the front and the end of the line.



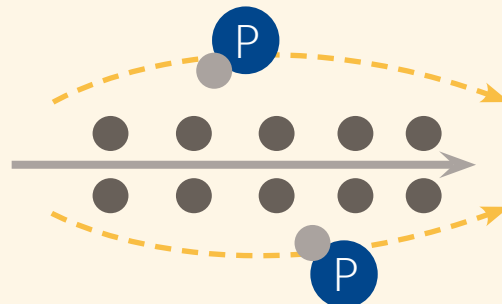
2

Two childcare workers run to the back end of the train and collect a child each.



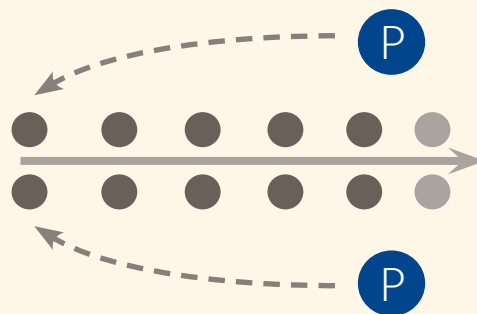
3

The childcare workers hold the children hand-in-hand and run to the front of the train, where the two children connect again by holding hands.

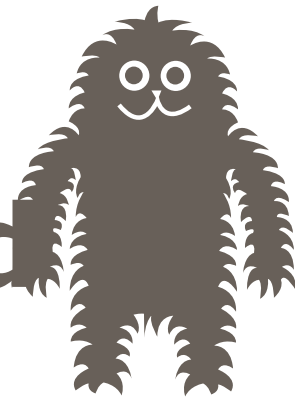


4

This sequence continues until the Goldilocks train has reached its destination.



Sports Wizard



1

Before the game starts, a catching exercise (e.g. jumping jacks) and a treatment exercise (e.g. burpees) are chosen.

The catching exercise is jumping jacks



The treatment exercise is burpees

2

Two childcare workers are chosen as catcher and liberator, respectively. The children must try to avoid being caught.

Catcher

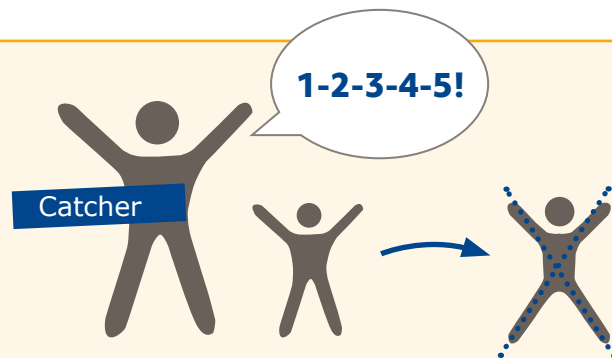


Liberator

3

When a child is captured, the catcher and child must perform the catching exercise together five times. Hereafter, the child posing as an 'X' and waits to be freed.

Catcher

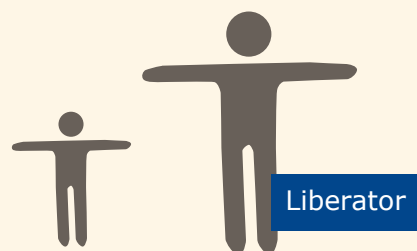


1-2-3-4-5!

4

To release a child, the liberator and child have to do perform the treatment exercise together five times.

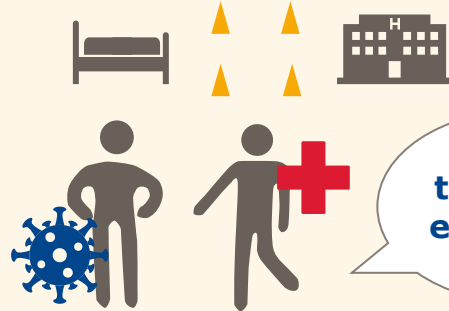
1-2-3-4-5!



Liberator

Goldilocks Hospital

- 1 Before the game starts, a court is marked with cones. In one end of the court is 'home in bed' and in the other end 'Goldilocks Hospital'. Two childcare workers act as a virus and a doctor, respectively. In addition, a treatment exercise (e.g. squats) is chosen.



The treatment exercise is squats

- 2 The virus infects the children by catching them and follow them to the 'home in bed' area. Here the children lie down to indicate that they have become ill.



- 3 The doctor runs to the 'home in bed' area and collects the sick child. Together doctor and child run to the 'Goldilocks Hospital' area.

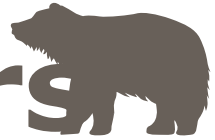


- 4 The child will become well after the doctor and child have performed the treatment exercise together five times.

1-2-3-4-5!

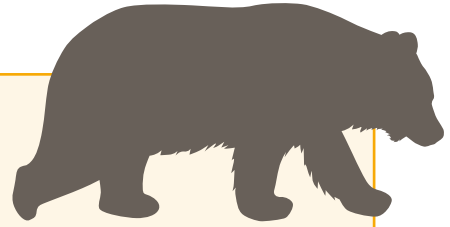
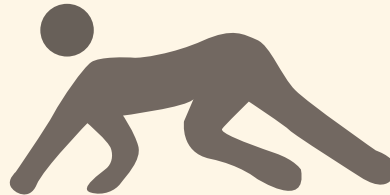


Goldilocks bears



1

Both children and childcare workers take the bear position (i.e. walking on hands and feet).



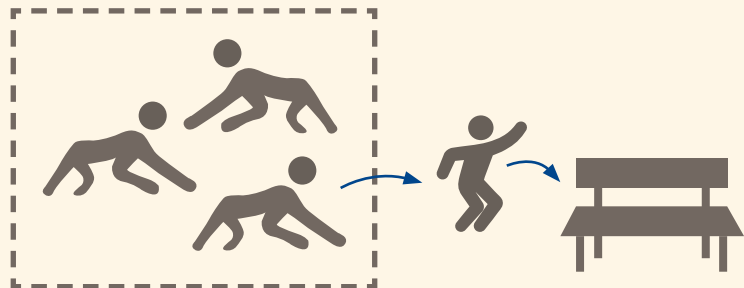
2

The childcare workers are supposed to catch the children by patting them on the back of their hand.



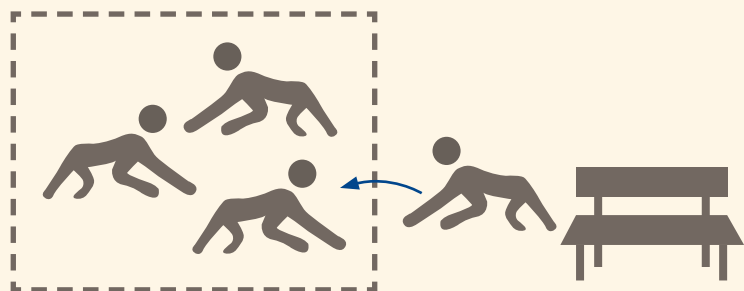
3

When a child has been patted on the back of the hand, the child must jump to an agreed place outside the court (e.g. to a bench).

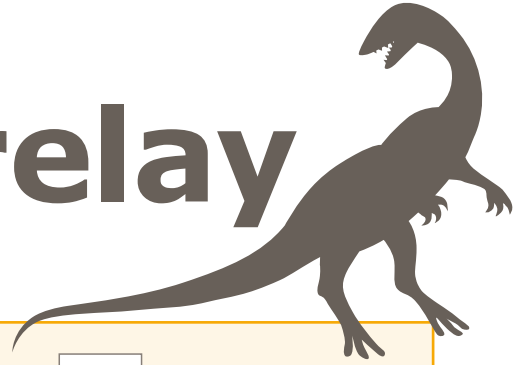


4

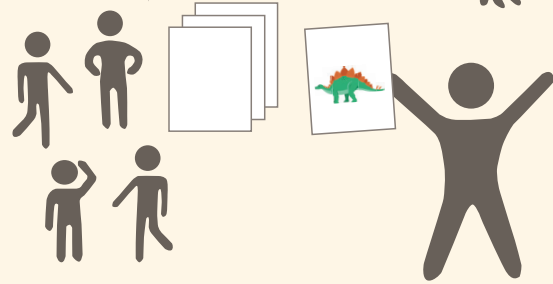
Hereafter, the child can return to the game as a bear.



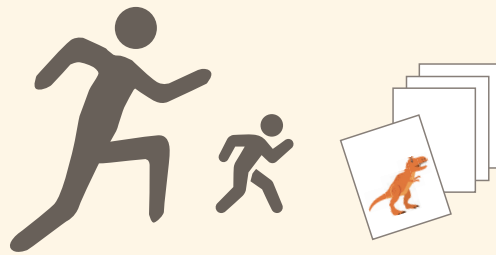
Dinosaur relay



1 Children and childcare workers are divided into two teams. Each team receives a pile of cards showing dinosaurs. First, the childcare workers go through the cards and explain how the different dinosaurs move. The cards are placed with the image side down a suitable distance from the children.



2 Together with the childcare worker, the children take turns to run down and pick a card.



3 The childcare worker and child have to imitate the dinosaur on the card as they run/walk back to the other children.



4 The other children must guess which dinosaur they were imitating.

