

Sleeping Lions

Page 1

A tranquil game where children pretend to be sleeping lions, remaining as still as possible. The objective is to stay motionless despite distractions. Perfect for winding down and practicing stillness.

Step By Step Instructions

Step 1- Become Lions

All children lie down on the floor and pretend to be sleeping lions.

Step 2- Stay Still

The aim for the lions is to stay as still as possible, without moving or laughing.

Step 3- The 'Zookeeper'

One person (a teacher, parent, or chosen child) is the 'Zookeeper' and walks around observing the lions.

Step 4- The Challenge

The Zookeeper tries to encourage the lions to move by talking, telling jokes, or gently distracting them (without physical contact).

Step 5- Spotting Movement

If a lion moves, they are gently woken up by the Zookeeper and must sit up, joining the Zookeeper in watching the remaining lions.

Step 6- Last Lion Sleeping

The last child remaining still is declared the winner and can be the next Zookeeper if desired.

Sleeping Lions

Page 2

Step By Step Instructions

Rule 1- Lions must lie down quietly and not move.

Rule 2- The Zookeeper must not touch the lions and should use only their voice for distraction.

Rule 3- Once a lion moves, they are out for the rest of the round.

