



GET ACTIVE. SAVE LIVES.

GAME OF THE WEEK

Kabaddi

Encourage students to continue to **Learn and Earn** by playing games during recess from different countries and cultures. This week's game, **Kabaddi**, originated in the Indian subcontinent thousands of years ago. It is popular today in countries including India, Pakistan, Bangladesh, Sri Lanka, and Nepal. You can watch children in this region playing Kabaddi at bit.ly/1JXZYQ2.

To play, students divide into two teams, agree on boundaries (the field should be about half the size of a basketball court), and create a center line in the middle of the playing field with chalk or rope. Each team lines up about 20 feet behind the center line and joins hands or locks elbows. To begin, a "raider" from one team crosses the center line into the other team's territory and tries to tag an opposing player. While doing this, the raider must keep yelling "kabaddi" the entire time she/he is in the opponent's territory without taking a breath. If the raider fails to do this, she/he is out and the other team earns a point. Meanwhile, the opposing team attempts to avoid being tagged while keeping arms locked. Once a tag is made, the player who has been tagged chases the raider. If the raider crosses back over the center line without getting tagged, her/his team scores a point. Otherwise the opposing team scores a point. The game can be played in two 10-minute halves or as time allows.



Girls in India play the Kabaddi game.



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GAME OF THE WEEK

Lizeth Diarte

Encourage students to continue to **Learn and Earn** by playing games during recess from different countries and cultures. This week's game, from Mexico, is **Lizeth Diarte** or **Keep the Ball**.

To play, students divide into two equal teams and wear colored vests or otherwise designate teams. To start, a ball is thrown in the air and whoever catches it takes possession of the ball for her/his team. The ball is thrown to other team members, but players cannot throw to the person who passed to them. Players make as many passes as possible and score one point for every five complete passes. When the ball is intercepted or hits the ground, the opposing team takes possession. The game ends after an agreed-upon period of time passes or number of points is reached.

Challenging Variation: Students may use only one hand to throw and catch.

Extension Activity

Read aloud one of the following books to further explore the meaning of human and child rights.

- *For Every Child*, by Caroline Castle
- *I Have the Right to be a Child*, by Alain Serres
- *Rights for Every Child*, by UNICEF

Have students identify ways—in addition to participation in Kid Power—in which they can protect the right to nutrition or another human right about which they are concerned. Examples include holding fundraisers to benefit a human rights organization, volunteering for a local organization that protects rights or writing a letter to an elected official advocating for the protection of particular rights. Work with students to put one or more of their ideas into action.



Caption needed.

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GAME OF THE WEEK

Catch the Dragon's Tail

Encourage students to continue to **Learn and Earn** by playing games during recess from different countries and cultures. This week's game, from China, is **Catch the Dragon's Tail**. Watch children playing the game at bit.ly/1CPXZLF.

To play, students form a human dragon by lining up with their hands on the shoulders of the person in front of them. The first person is the head of the dragon, the last person is the tail, and the rest of the people comprise the dragon's body. The object of the game is for the head to try and catch or tag the tail. The head tries to maneuver the body in order to catch the tail, and the body tries to stop the head from capturing the tail while keeping the line unbroken. When the head catches the tail, the head becomes the tail and all players move up one position. Play until all students have had a chance to be the head or until time is up.

Variation for large groups: Create two or more dragons, with each dragon's head trying to catch the tail of another dragon.

Extension Activities

- Have students compare the nutritional information in RUTF (peanut paste) with that of a food they commonly eat. With students working individually or in pairs, direct them to divide a sheet of paper into two columns and record their comparisons. Have them write a short paragraph on why they think peanut paste RUTF is higher in nutritional value than typical foods and how they think it helps malnourished children.
- Research the World Food Programme's Food Basket for nutrition emergencies. Find out exactly what it contains, how much it costs, where it is used, where it is made, and in which other countries it is used. Report findings to the class.



Children in China playing Catch the Dragon's Tail.

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GAME OF THE WEEK

Ampé

Encourage students to continue to **Learn and Earn** by playing games during recess from different countries and cultures. This week's game, from Ghana, is **Ampé**. Students can watch Ghanaian children playing the game at bit.ly/13P6yaP.

Students create a large circle and divide into two teams, one called "Ohyiwa" and the other "Oware." Music is played and all students clap with the rhythm. To start, one player from each team steps into the circle, and they face each other. The players jump in the air and, as they land, they each push one leg forward with knee locked. The player representing Ohyiwa wins a point if his/her left leg meets the other player's right leg, or vice versa. The player representing Oware wins a point if his/her left leg meets the other player's left leg, or if their right legs meet. Players from each team take turns stepping into the circle and competing. The first team to earn ten points wins. A match can be played, and the team with the most games won "wins the day."