



HEALTHY BODY



HEALTHY MIND



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“European Games Festival”



This is a common result of the project

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ROMANIAN TRADITIONAL GAMES



TANGLED THREADS

SET UP:

This game requires at least 5 players: 4 entangled and the fifth one – the "Manage-it-all" Player, chosen by lot, untangled the other 4 ones.



OBJECTIVE:

The "Manage-it-all" Player is supposed to untangle the others, without taking their hands off, using his logical thinking and imagination

RULES:

- The "Manage-it-all" Player is not allowed to see how the other players tangle;
- The 4 players are forbidden to let go their hands neither when they get tangled, nor when they untangle;
- Each of the 5 players will play in turn the role of the "Manage-it-all" Player;
- Each player must have fun!



The "Manage-it-all" Player moves away and turns his back. The other 4 players stand in a circle and hold hands. Then they start to tangle, like tangled threads: feet over shoulders, hands over shoulders, hands under other hands, twists, all without taking their hands off. After they got quite tangled, the "Manage-it-all" Player is called and his mission is to untangle the other 4 players, without letting go of their hands, so as to reach the initial position, standing in a circle and holding hands. If he can't untangle them, he will continue to be the "Manage-it-all" Player and if he succeeds, another player will be chosen to untangle the threads, while he will stand in a circle and tangle.





TOMANAP

SET UP:

You need to make a chart with 7 columns ,each one contains a letter. T is for countries, O is for cities, M is for mountains, A is for waters, N is for names, A is for animals and P is for plants.



OBJECTIVE:

This game tests your knowledge and abilities to write fast in 30 seconds.

GAMEPLAY:

When you finish before the time's out, you say "STOP" and the others can't write anymore.

SCORE:

You get 5 points if your answer is the same as your friends, 10 points if you have different responses and you receive 20 points and if you are the only one who wrote.

COUNTRY, COUNTRY WE WANT SOLDIERS

SET UP:

This game is played outside in two equal teams that hold hands.



OBJECTIVE:

The "Manage-it-all" Player is supposed to untangle the others, without taking their hands off, using his logical thinking and imagination

Be the team with the most people.

GAMEPLAY:

The first team who starts the game screams: "Country, country we want soldiers". The opposite one says "Whom?" and the one that asked says a name from the others. The one that has been called runs towards the players that wanted him. If he/she "breaks" the chain of hands he/she chooses a player and goes with him/her back to her team, but if he/ she doesn't break the barrier that player enters in the other team.



THE STONE BRIDGE

INSTRUCTIONS:

- * Number of children: +5;
- * Playground: does not require a big playground;
- * Objectives: - to develop kid's attention;
- to develop musical ear;
- to develop teamwork spirit.

GAMEPLAY:

The game is played on the song:

The Stone Bridge broke down,
The water came and took it down!
We'll build another one,
Another one that will last and is even more beautiful!
Another one that will last and is even more beautiful!"

- * During the song, two kids are standing in front of each other and they are making an arch by holding the other kid's hands up in the air;
- * All the other players pass one by one under the bridge (under the hands of those who make up the bridge) each holding onto the waist of the player in front, while singing the song.
- * When the song comes to an end, the players who make up the bridge lower their hands to catch the one who is currently under it.
- * The two children that are the bridge must say what they are:

Example: white or black

sun or moon

orange or apple

and the caught children will choose one of it.

* Depending on what he/she chooses, the children will stay behind one of the two kids and will wait until all of the remaining players will be caught and they will be part of the wall's bridge.

* A line will be drawn in the middle of the bridge and each side of it must to pull hard. The

winners are the one who didn't cross the line or didn't fall until the end.



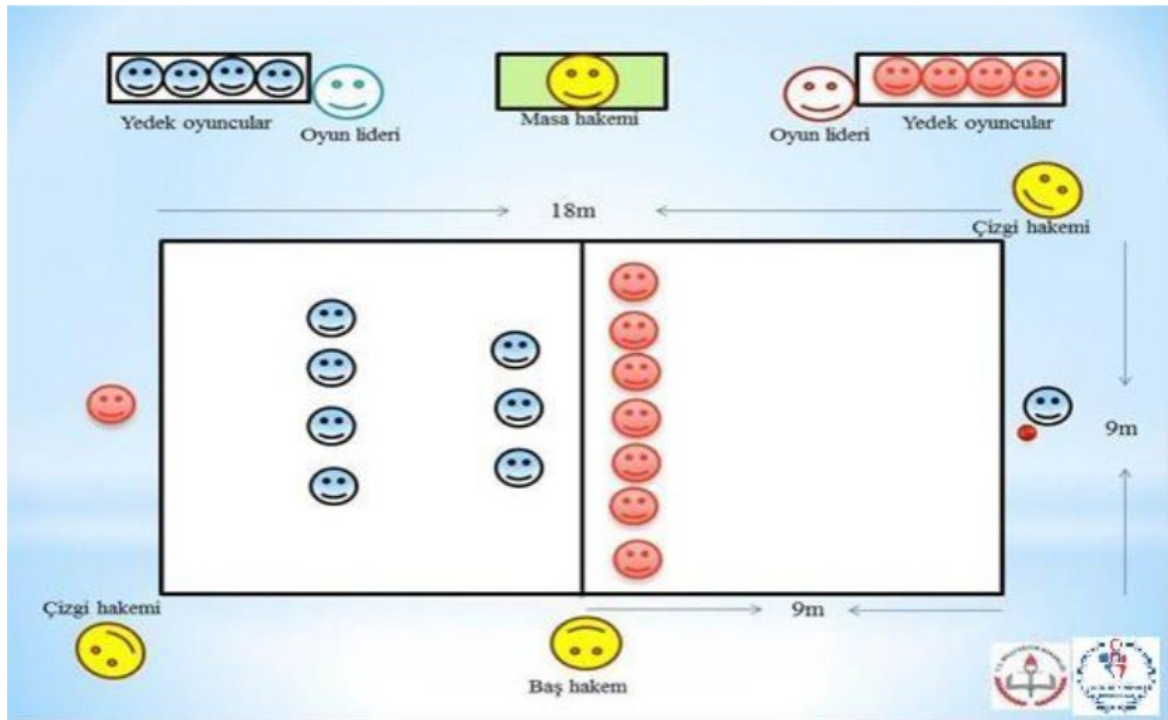
TURKISH TRADITIONAL GAMES





DODGEBALL

- The main objective in dodgeball is to eliminate all members of the opposing team by throwing the ball at them.
- Each team must have minimum of 8, maximum of 12 players. 1 player is chosen goalkeeper from each team. Other players stand in their own field.
- The game is played 3 sets and there is no time limitation. The team that two sets wins the match.
- Captured balls or balls caught while being thrown gives that team the right to attack.
- The aim of the game is to eliminate all players of the opposing team, which can be done by hitting an opponent with a ball. If a player is hit and the ball is not caught, that player is eliminated. However, if a player throws a ball that is caught by an opponent before hitting on the ground, that team have the right to attack.





- If a ball hits more than one player, only first player is eliminated.
- The goalkeepers must join the game before set ends.
- The team that manages to hit all the 8 players wins the match set.
- Hit players move to their own goal area.
- Teams have 4 rights to change players in each set.
- Balls on the ground can not be taken from the opponent's area. Players may pass the ball to teammates.
- Players can not step on lines or leave their fields. A player who commits a field violation is deemed to have been hit.
- After every odd set, teams will switch sides.
- The team that wins two sets wins the match.

I SELL OIL I SELL HONEY

In the game, a midwife is chosen and the handkerchief is delivered to the midwife. The other players form a circle facing each other and sit on the floor. Sitting players should never look back during the game. They can only touch with their hands. The midwife starts to turn, turning the handkerchief in her hand, and leaves the handkerchief behind someone unnoticed.





HIDE AND SEEK (SAKLAMBAÇ)

1- Select the players.

The first thing you need to do to play “Hide and Seek” is to recruit players. At least two players are needed to play the game. Naturally, however, the more players you have, the better.

2. **Set down rules.** If you do not set down rules, you will have people running to places that shouldn't be hidden in —either antiques end up breaking or private places get intruded upon — or someone gets stuck in a washing machine. And, people may run outside when everybody's inside. Block off rooms like the attic, parents' bedrooms, any room that holds heirlooms, and bedrooms. Or let people hide in those places, just say things like, “All right, you are allowed to hide in my bedroom, just don't mess up the bed and put everything back in its place.”

3. Find a suitable location. An outdoor location works best, although indoors is fine for rainy days. It will be necessary to set boundaries for hiding or you will have players running off to too many far-off locations. It's not called Run a Mile and Go Seek!

4. Begin the game.

Once the person who will be “It” has been chosen, he or she stays at home base, closes his or her eyes and begins counting out loud to 10 at a steady pace. Or 20, or 50, or 100 — or they could say a rhyme or sing a song. Anything that kills some time so everyone else can go hide! Make sure to establish this first and that everybody knows how long they have!



5. Go hide!

All of the players who are not “It” should run off and quietly hide from the player who is counting. The person who is “It” is not allowed to peek at the players hiding from him or her. Make sure you're quiet as you're hiding or “It” can use his or her ears to tell the general direction you went.

6. Begin the seeking. Once the player who is “It” has finished counting, he or she yells “Ready or not, here I come!” At this point, they must try to find all of the other players who have hidden. Be sure to look



BLIND MAN'S BUFF (KÖREBE)

SET UP

Blind man's buff (Körebe) is a popular children's game. It is usually played with 10-12 people.

GAMEPLAY

To play the standard game of blind man's buff, one player is blindfolded and then disoriented by being spun around several times. The other players, who are not blindfolded, amuse themselves by calling out to the "blind man" and dodging away from him. Players can touch the blind man but cannot hit or kick him.

Blind man opens his/her arms and tries to catch other players. A player caught by the blind man takes on the blindfold, although sometimes the blind man must guess the identity of his captive before the blindfold is removed. This player will be the new blind man and the game starts again.

You must be very careful when playing the game. You need to be sure that blind man doesn't see anything. An area should be determined for the game and the game should be played within this area. A flat surface should be preferred to prevent events such as falling and injury.





GREEK TRADITIONAL GAMES



THE WOLF AND THE LAMB

One child is the wolf and another one is the lamb. The rest of the children form a circle holding hands tightly.

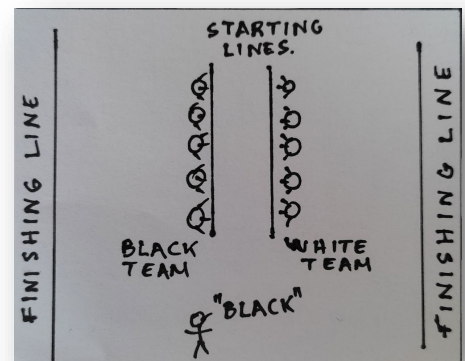
The lamb is inside the circle, while the wolf is outside. The wolf tries to catch the lamb that moves in and out of the circle. The wolf can enter the circle while the children's arms go up and down. If the wolf enters the circle, the children raise their arms to help the lamb come out. If the wolf catches the lamb, the two main roles (the wolf and the lamb) are appointed to two other children to start the game again. The wolf and the lamb are not allowed to break through the circle!





THE FISHERMEN

All the children, except for 5 or 6, form a circle holding hands and they play the role of the fishermen with their nets. The 5 or 6 children outside the circle are the little fish. The fishermen agree on a secret number, for example seven (7), and they start counting out loud but slowly. The little fish move in and out of the circle under the fishermen's arms. When the fishermen reach the number they have agreed upon, they quickly lower their arms and catch the fish inside the circle.



BLACK OR WHITE

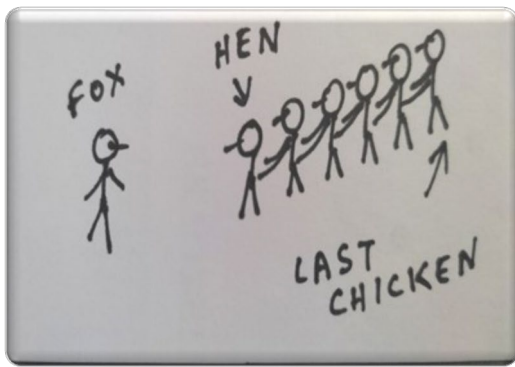
Draw two parallel lines on the ground two meters apart. Divided into two groups, the children sit next to each other, each team facing each other. One is the black team and the other is the white team. The teacher calls out "white" or "black". The group that listens to its color is the hunters. The other team's kids have to get up quickly and run to the finish line the teacher has set. Whoever doesn't cross the line on time loses and has to carry the one who caught him back to the starting line on his back.





THE HEN, THE CHICKS AND THE FOX

The children form a line holding the front player by his waist. The first child in line is the hen. The rest of the children are the chicks. A child standing in front of the line is the fox, who chases and tries to catch the last chick in the row. The hen moves to prevent the fox from catching it. Accordingly, the chicks follow the hen's movements to avoid being caught by the fox, always being careful not to let their hands loose. The chick that is caught becomes the fox in the next round.





ITALIAN TRADITIONAL GAMES





BETWEEN TWO FIRES

(Med Dvema Ognjema)

Main characteristics:

- ❖ Ball Game
- ❖ Played In Two Teams
- ❖ At Least 8 Players
- ❖ Physical Game



GAME RULES:

The playing area is a big rectangle, divided in two halves. Players are divided into two equal teams and each team gets

one half. One player from each team starts in that team's half. The extra player (called also the "consul") starts outside the rectangle, behind the other team's side (thus, there is one player from the other team behind each team).

Who starts the game? One player from each team steps into the opponent's half and jumps for the ball that the referee tosses in the air. The ball goes to the team where the ball has bounced. If the ball falls on the dividing line it can be thrown by the player who is quicker to his team and thus it belongs to his team.

The teams start the game at the referee's whistle, first with three long passes over the half to the consul without the possibility of losing the ball at passes (the opposite side mustn't catch the ball at this point).

After the third pass the game starts. You try to hit a player from the other side with the ball. Generally, head shots are not allowed. Any player who is hit must go to the outside, joining the original "extra" player (consul) from his side.

If the player of the opposite team catches the ball, the ball goes to the opposite team. Now the opposite team can start hitting the opponents.

The ball goes to the other team also if the player whom throws the ball, oversteps the line that marks the playground – he makes a "foul" or a "scratch".

When the team has only one player on the playground the consul is allowed to enter and continue the game.

Last team with any players "in" wins. All players are always active and the "in" players spend a lot of time running forward and backward, that is between two "fires".

HOP SCOTCH

(Ristance Ali Fuč)

Main Characteristics:

- ❖ Team Game
- ❖ Street Game
- ❖ 2 To 4 Players Physical Game



GAME RULES:

- You can have any number of players, but two to maximum four players is the most appropriate.
- To play this game, you need a round and flat stone. First you draw out a pitch with ten squares, called "ristanc". You write the number one to ten in the squares with a chalk. Then you draw a line in front of number one. The players get ready to throw the stone. You stand in front of the line and throw your stone onto number one. Then you hop to the number one and kick the stone back over the front line. You do not hesitate to number two and soon to number ten. Everyone takes in turns to go.
- Upon successfully completing the sequence, the player continues the turn by tossing the stone into square number two, and repeating the pattern.
- **You hop with one leg in single squares and with both legs simultaneously in double squares.** It's important that you don't hop on the line.
- **The top of hopscotch is called »heaven«.** You are here (on both feet, you can turn during the hop, hop on one leg) but it's not necessary.
- **You miss a go if you step on a line** (this is called "fuč" in Slovenian or "foul" in English) fall over or throw to the wrong number. In this case you must let other players play the game.
- The first player to complete one course for every numbered square on the court **wins the game.**

ROTTEN EGG

(GNILO JAJCE)

Main Characteristics:

- ❖ Group Game
- ❖ Indoor Or Outdoor Game
- ❖ Action Game



GAME RULES:

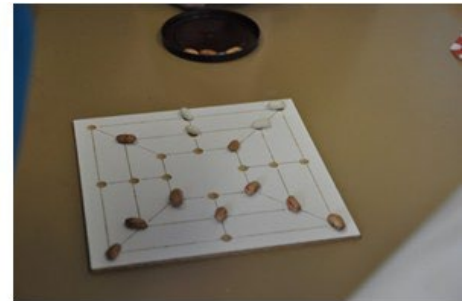
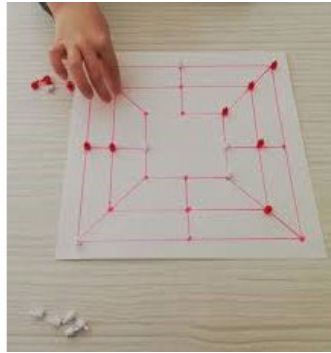
- The game is suitable for a larger number of children or players.
- **Players crouch or sit in a circle facing one another.**
- One of the players walks around the circle holding an object in his hands (a hankie or a ball of wrinkled paper, representing „ the ROTTEN EGG“). While circling around the others, the player tells „Kanglica, kanglica vodo drži, kdor se ozira po hrbtu dobi!“ which means that the players mustn't turn around.
- When the player decides, he drops „the rotten egg“ behind one of the players in the circle. At that point the chase begins. The player in the circle picks „the egg“ and tries to catch the player before he reaches the empty spot left behind the one chasing.
- If the one being chased is caught, he becomes „the rotten egg“. As punishment, he has to sit in the middle of the circle untill replaced by another player.
- If the chased child is not caught, the game is continued with #the rotten egg“.

MILL

(MILIN)

Main Characteristics:

- ❖ Board game
- ❖ Tabletop Game
- ❖ For two players
- ❖ Strategy Game



GAME RULES:

- Each player gets nine figures of the same kind and colour (beans, corn,...)
- Players alternately put one figure on one of the intersections or a corner and try to build a MILL that are three figures of the same colour in the row –vertically or horizontally.
- If one player puts his figure in other player's row, he prevents him to build his mill.
- Who ever closes his mill, can take other player's figure from the playing board, but not from his already built mill.
- When the players use all their figures they start to alternately move them. The player who is one the move can move only one figure to the other player's side of the board. Now both of them try to build a new MILL, to take the other player's figure



SPANISH TRADITIONAL GAMES



SENTABALL

Description:

One person has the ball and has to throw it to the rest of the group, trying to hit someone.

The rest of the kids have to run in order to avoid being hit.

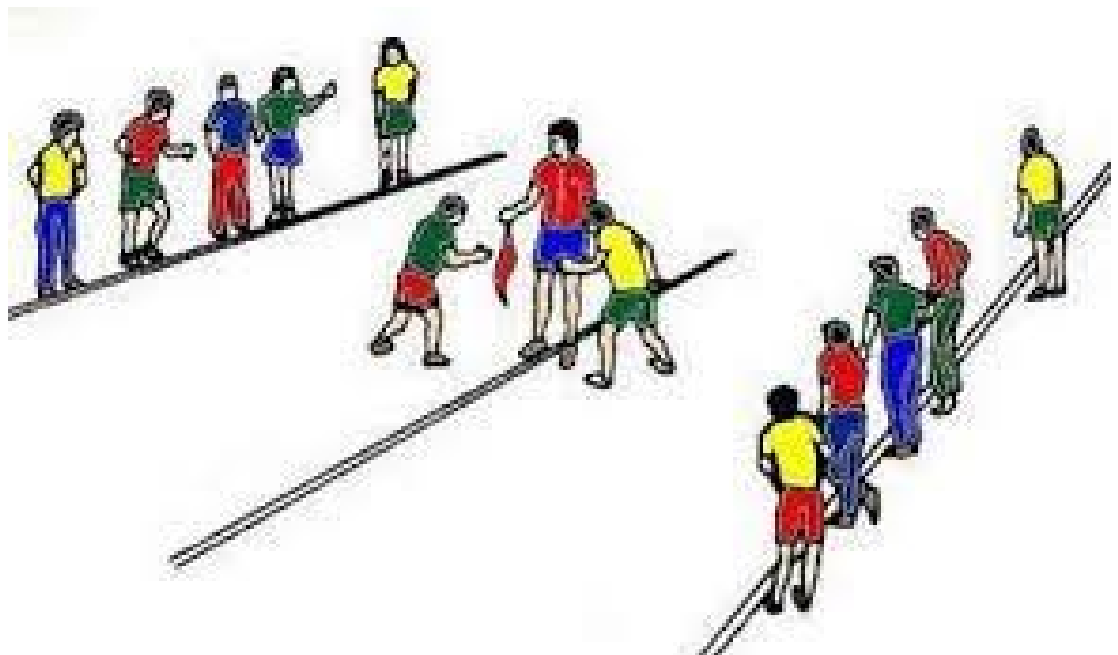
If someone gets hit, he has to sit down.



BANDERÍN

Description:

- First, the students are placed in two rows, with a referee in the centre.
- The referee has a flag and shouts one number.
- The people who is assigned this number has to run to take the paper and go back to their teams.





SANGRE

Description:

- In turns, one of the players throws the ball into the air and says the name of a partner.
- Everyone has to run away until the mentioned partner catches the ball and shouts: "Blood!"
- Everyone stops.
- Last, the person with the ball has to take 3 steps before trying to hit a teammate with the ball.





PETANCA

Description:

- First, we have a small ball called: Boliche.
- The goal of the game is to throw the balls as close to the "boliche" as possible.
- All the players throw their balls, taking turns.
- Last, you have to see which ball is closer to the "boliche".





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