

Hanging on trees (C2)



<u>Target group</u>	5 years
<u>Material</u>	- Trees
<u>Procedure</u>	<ul style="list-style-type: none"> - Each child goes around and looks for a tree than he can hold (not too thin and too big). - At the signal they have to climb on it and stay hanging as long as possible. - The last one who stays hanging on the tree is the winner.
<u>Variations</u>	- Place a rice bag on the head to make it harder.
<u>Aims</u>	<ul style="list-style-type: none"> - Motricity - Keeping one's balance - Learn to compare (find the good tree) - Become self-confident, dare use one's body in the nature (climbing)

	<ul style="list-style-type: none"> - Get to know yourself, discover one's physical capacities, dare do something new. - Have an idea of gravity
<u>Comments</u>	<p>Children don't have to climb very high, so not on the top of the tree.</p> <p>We can put limits with rope so as to keep an eye on all children.</p>

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