

..... Barefoot At-Home Activities Kit

Unique Indoor Games

Make indoor time extra fun with global games and interactive yoga and mindfulness activities.

1 Froggy Coin Toss: Sapo

Create a fun Peruvian coin toss game with materials you have at home!

2 Yoga Pretzels

Make shapes with your body in this follow-the-leader game.

3 Sharp Eyes: Strengthen Your Observation Skills

A fun detective game for the whole family!

4 Dance Party: Thumka

Once you learn how to do this catchy Bollywood dance move, you won't want to stop!



Froggy Coin Toss

Sapo (Peru)



Sapo (SAH-poe) is a game played in Peru. A legend tells of an Inca king who lived in the region long ago who threw gold coins into a lake. If a magical toad or frog caught a coin in its mouth, the frog would turn to gold! Sapo means “toad” in Spanish. **Quechua** (KETCH-oo-wuh), the language of the Inca people, and Spanish are the two most spoken languages in Peru today.

Sapo



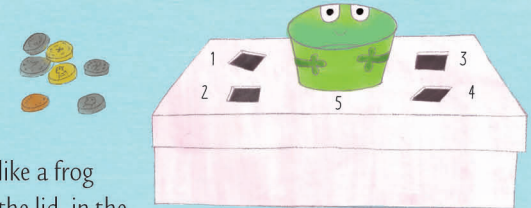
2+ FOR two or more PLAYERS

You'll Need: • large shoebox • paper cup • green paint • paintbrush • scissors • 10 coins per player • tape

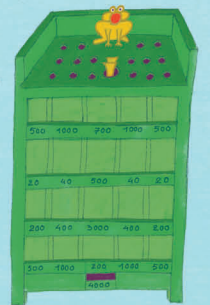
Goal of the Game:

Collect points by tossing your coins into the holes. The first player to reach 20 points wins!

- 1 Ask an adult to help you use the scissors to make four holes in the lid of the shoebox. The holes should be larger than your coins.



- 2 Paint your cup green like a frog and tape it on top of the lid, in the middle, with the opening of the cup facing up. Write the numbers 1–5 next to the holes and cup as shown in the picture.
- 3 Put the shoebox on a low table or the floor, then take two large steps away from it. Use masking tape to mark where you are standing. This is the starting line, where players will stand to toss the coins.
- 4 Each player gets ten coins per turn. Players take turns tossing their coins, one at a time, at the shoebox. If your coin lands in the frog, you get five points; if it lands in the hole marked “4,” you get four points, and so on. Each player keeps track of how many points they earn.
- 5 If a player gets a coin in the frog, that player shouts, “¡Sapo!”
- 6 The first player to reach twenty points wins! Tip: You can adjust the difficulty of the game by making the total score goal higher or lower than twenty. The higher the goal, the more challenging the game becomes!



This is what a traditional Peruvian game board looks like!

Yoga Pretzels

GAME



“It is not because things are difficult that we do not dare, it is because we do not dare that things are difficult” —
Seneca Indian

YOGA PRETZELS



Stand apart from each other, loose and relaxed.
Choose a leader.

Leader: call out the names of body parts.
The players have to make shapes by letting only those body parts touch the floor.

Examples: “one foot and one thumb”; “one knee and one elbow”; “two knees”; “just your tummy”; “your shoulders and your feet”; etc.

Be sure to take turns as leader. For more of a challenge, play in pairs. If the leader calls out: “one hand, one foot” — that means between the two of you! Have fun!

Sharp Eyes

Focus

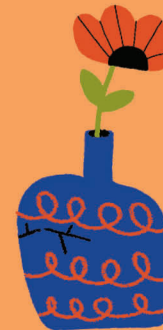


Strengthen your observation skills

Sharp Eyes

This is an activity for three or more people.

- 1 Sit in a circle. Choose one person to be the detective. The others close their eyes.
- 2 The detective hunts around the room and finds something small that other people might not notice.
- 3 When ready, the detective says, "Sharp eyes!" The others open their eyes.
- 4 The detective gives clues. Describe the size and shape of the object. (Don't give it away by looking at it!)
- 5 The first person to guess the object becomes the next detective. If nobody guesses correctly, the detective points out the object and takes another turn.
- 6 Let everyone have a turn as the detective.



*Tip: Using your vision is one way to focus your brain.
You could also pick up a familiar object and describe how it feels.*

Dance Party

Thumka (India)



Dancing is like a global language anyone can speak. Dance is an important part of many Indian Bollywood movies, which are known for their eye-catching dances and bright costumes. The **thumka** (TOOM-kah) is a basic Bollywood dance move.

Thumka



- 1 Start by putting your weight on your left foot. Place your right foot forward. Keep the toes of your right foot on the ground and lift your right heel.



- 2 Put your hands on your hips. Keeping the toes of your right foot on the ground, rotate your right knee inwards. This will cause your right hip to push up.



- 3 Then rotate your right knee back out to pull your hips back together. Repeat. Try on both sides.



- 4 Once you've got the hang of it, turn on some music. Try different arm movements. Wave one arm above your head or steer an imaginary steering wheel to the beat.

Dress Up!
Try waving a bright scarf or twirling in a long, flowing skirt while you dance.

Turn It Up! Get help searching for Bollywood tunes to go with your thumka like "London Thumakda" and "Bum Bum Bole."