



# Herding Sheep

This game is best played on a hardwood floor or around a kitchen table. Carpet is less effective.

**Physical activity links** Muscular control, motor planning, spatial awareness, oral motor skills

**Language/literacy links** Predicting, co-operation

**Equipment** Five to 10 cotton balls per participant  
Paper bags (or small plastic containers)  
Sticky tack or tape

**Where** Indoors



1. Sticky tack or tape one to three paper bags per child at the edges of the table or floor. If using plastic containers, tip them on their sides in the same places. Spread cotton balls around the table or floor.
2. Children must blow cotton balls into the paper bags (and herd their sheep into the pens). Explain that the sheep cannot be touched, only blown.
3. If playing on the floor, children can crawl on their bellies or squat. Encourage them to experiment with the best positions to blow from.

## Try this way:

- Adding more or less cotton balls or paper bags changes the difficulty.
- Playing this game on the floor increases the physical activity demands.
- Adding a straw to blow through changes the complexity of the game, but should not be used if playing on the floor, as it is dangerous.

Adapted by Healthy Beginnings 2-5

