



SNAKE

Participants

Any number of participants.

Time Allotment

5+ Minutes

Activity Level

Low

Materials

- Bandanas, socks, or folded brown paper towels
- Cones (only if you need to designate space)

Method

Only use this game if the group is capable of self-regulation.

- Have each participant find a partner. Hand one bandana to each team. The teams will decide who wants to be the snake's head and who wants to be the snake's tail.
- The participant who is the snake tail will put the bandana in the back of their shirt, back pocket, in a belt loop, etc. the location chosen must be in the rear of the person and the bandana must stick out at least 50% of the length of the bandana.
- Once the tail is attached the participant will ask the snake head (other team member) if they can stand behind them and place their hands on the snake head's shoulders. Once connected the two team members should try to "Stick together" the whole game unless their tail is pulled.
- The objective of the snake head is to pull the tails off of the other snakes. When this occurs the snake head will ball up the removed tail into their hand and then connect to the back of the snake from which they just pulled the tail. This will make a larger snake now consisting of a snake head, 2 snake body sections and the snake head. The body sections only duty is to help the snake move around and catch other teams to get their tails.
- The objective of the snake tail is to protect your tail at all costs (within safe parameters). Also, you must never remove your hands from the shoulders of the snake head.
- If a snake gets their tail pulled/removed by another snake they will allow the other team to connect to their tail end and keep playing as a larger snake.

Continue until facilitator stops the game or there are no more snake tails to chase!

Regulation Modification Options

Use the option most appropriate for the youth's level of regulation:

- After the game ends the facilitator or the head of the remaining snake will lead the group in a regulation technique.
- If needed the facilitator can pause the game and lead the group in a regulation technique.