



CAT AND MOUSE TAG

Participants

Any number of participants.

Time Allotment

5+ Minutes

Activity Level

Low

Materials

No materials required

Method

- Select two participants, one to be the cat and one to be the mouse.
- The rest of the group forms a circle holding hands and stretching out until their arms are mostly stretched out. Then the group lets go of each other's hands and remains in the same location.
- The cat and the mouse stand outside the circle on opposite sides.
- When the game starts, the cat must catch the mouse. They can run around the circle or through the circle openings. If a cat or mouse runs through an opening in the circle the participants making up the circle will immediately close that hole by connecting their hands.
- The game continues until the cat catches the mouse or the cat or mouse gets caught in the circle with no way out because all the gaps have been closed.

Regulation Modification Options

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

- When each round ends the facilitator or a designated participant will lead the group in a regulation technique.