

# Hibernation Tag

*Activity*

**Resource:**

Beyond the Walls: Activities for the Outdoors

**Grade(s):** 1 2 3 4 5 6 7 8

**Division(s):** Primary Junior Intermediate

**Setting:** Recess

**Season:** Winter

## Activity Goal

Students learn a winter game to play at recess to engage in moderate to vigorous physical activity and enhance their physical and mental health and wellness in a winter environment.

For participant safety, please review the contents of the [Beyond the Walls: Safety Considerations](#) page for information on Safety Standards, Winter Safety Considerations, and Outdoor Playing Areas and Surfaces.

## Equipment

None

## How to Play

- Participants identify the boundaries for the game and a designated space in the playing area called the “Bears’ Den”, where tagged players go to hibernate for the winter.
- Participants stand a safe distance apart from each other in the playing area.

- Two participants volunteer to be taggers.
- Taggers try to tag participants who are moving around the activity area. Taggers follow the rule that a tag is a touch on the back or arms, not a punch, push, slap or grab.
- When a participant is tagged, they must go to the Bears' Den to hibernate. Participants hibernate by rolling into a ball to sleep or in a squat position with arms around legs.
- Participants are freed by other players who enter the Bears' Den with a gentle touch on their back.
- Participants cannot be tagged as they leave the den to rejoin the game.

## Adaptations

Consider these tips to maximize the challenge and the fun for participants.

- Participants can adjust boundaries of the playing area for more participants to join in.
- Participants can add more taggers.
- Participants can choose the way they travel (e.g., rolling, sliding).

## Modifications

Consider these tips to maximize inclusion and fun for all participants.

- For participants with mobility challenges, provide them an implement to use to tag.
- For participants who depend on accessible playing surfaces, play the game on a smooth surface, free of obstacles. Consider ways to slow down the movement so that all participants can be successful and engaged.