Dragons Tail

Indoor or outdoor activity:

**Grade Level:** K-12

**Equipment**: 1 scarf, bandana, or fabric strip per student

**Skills Emphasized**: running, dodging,

Oraganization**:** Members are scattered in an activity area (garage, front/back yard) each with a scarf, rag, fabric strip

**Description and rules** for **game:**

1. Students become a dragon by tucking the cloth into the back of their pants.
2. On signal all members dodge each other from attempting to pull out their tails.
3. Members are not allowed to:
4. **Hold on to their tail**
5. **Sit on their tail**
6. **Pull tails if their tail is missing**
7. **Avoid contact with other members focus on tail pulling**
8. If tail is pulled members must do 10 hops, jumping jacks, or stationary active movement before returning to game.