Activity recipe: Lions and gazelles

**Difficulty:** Easy.

**Age range:** Over five years old.

**How many can do it?** Any number.

**Where can you do it?** Outdoors.

**Why we like it?** An exciting form of tag that allows children to run freely in a space they feel is theirs and to engage in more physical activity.

**Ingredients**
Flourescent tops, bands or string tails and plenty of energy.

**Method**

1. Choose someone to be the lion.

2. Everyone else is a gazelle and puts on fluorescent tops.

3. The lion chases the gazelles around the outdoor space.

4. Once a gazelle is caught by the lion, the gazelle takes off their fluorescent top and becomes a lion (teaming up with the other lions to catch the rest of the gazelles).

5. The last gazelle standing is the winner and becomes the lion for the next game.

**Top tips**

Use this activity as a chance to talk about animal predators and prey in the wild and about being aware of our environment and the people around us.

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Play England is a registered charity, no. 1150216, and is hosted by the National Children's Bureau.