



STOP-SLOW-GO

Mukisa in Uganda plays this game in a refugee camp to control his body and be aware of others. Now he plays it with his family at home.



SET UP

Number of players: 2 or more
Age: Suitable for all ages
You need: hands to clap, or objects to create a rhythm



GOALS

Experience controlling your body and listening.



HOW TO PLAY

- 1) One person will clap a fast rhythm.
- 2) Everyone moves around to the rhythm. You can act as a car, animal, athlete etc
- 3) When the rhythm maker slows the beat down everyone has to slow down.
- 4) When the rhythm stops, everyone freezes for a few seconds, they restart when the rhythm begins again and they say Go.
- 5) Repeat several times and take it in turns to be the rhythm maker.



TALK

How did you feel when you suddenly had to stop or slow down?

What happened if you bumped into someone?

What can you do when you feel upset or angry?



WHAT NEXT?

- Play this game with friends on video app catch ups
- Tag us on social media using #PlayAtHome
- For more games, visit: righttoplay.org.uk/playathomeuk

