

Empathy Games/Activities for ALL!

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Walking Tag (dynamic warm-up):

Walking tag is a warm-up activity designed to get your heart rate up. Each person gets a partner and they line up single-file on a horizontal line. The teacher tells the first partner to start walking. They walk as quickly as possible and can travel anywhere they want inside of a contained area. The teacher then tells the second partners to step up to the line and begin chasing their partners. The second person has to find their partner and tag them. Once the person is tagged, they touch their head, shoulders, knees, and toes. Then the roles reverse. This goes on until the teacher says stop. The objective is to tag their partner as many times as they can before time expires.

Adaptations: Students may use a foam pool noodle for tagging.

(Blindfolded Activities)

Minefield:

Students get into pairs and one partner is blind-folded and lines up at the starting line. Their partner (sighted) spins them several times to slightly disorient them. (This is optional.) The student on the line has to listen to their partner's advice on how to get through the "Minefield". The minefield consists of soft objects that serve as obstacles. If the student maneuvering through the minefield touches one of the "mines" their partner must walk them back to the starting line and begin again. Once everyone has crossed the minefield, the partners switch places. Partners should use locomotor and directional commands to get their partner safely to the other side of the minefield.

This game becomes difficult when more people are playing because everyone is shouting directions to their partner; which could be like a visually impaired person maneuvering on a busy street.

Tanks and Commanders:

Students are in pairs- Sighted and blind-folded. The sighted person gives verbal directions and cues to their blind-folded partner (as above). The object of the game is for the Tanks (blind-folded partner) to hit another tank by listening to their "commander" (sighted partner) with a small/soft object. Equipment should be something that will not roll or something soft like a yarn ball.

The tanks must fire their weapons from the stomach/belly button area by pushing both arms straight out when the commander yells fire. The goal is to see how many times you can hit another tank within a time designated by the teacher.

Commanders keep score. It does not count if a tank hits a commander. Tanks can only score by hitting another tank.

*****If time permits (blindfold basketball/soccer skills)