



# Parent Guide

## How can I use this with my children?

Find a big outdoor space like a playing field, park, beach or large garden and try some of these dragon- and unicorn-themed games.

## How does this help my children's learning?

This resource provides an engaging framework for your children to get the important physical exercise they need, and have a lot of fun in the process.

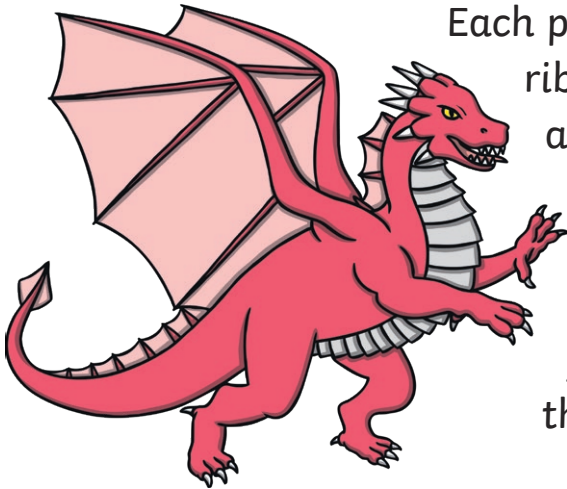
## Ideas for further learning:

If unicorns or dragons aren't your child's thing, why not re-work these games to suit their interests? You and your child could even have fun coming up with an entirely new game together!



# Dragon and Unicorn Outdoor Games and Activities

## Hold Your Tail



Each player will need a long sock or length of ribbon tucked into their waistband. The aim of the game is to run around the playing space trying to steal as many dragons' tails as you can, while at the same time trying to stop anyone from stealing your tail. The winner is the last person to keep hold of their tail.

## Rainbow Run

You will need different colours of craft sand or coloured sugar, one colour per player. Each player will also need two bowls and a teaspoon. Set one lot of bowls in a line and fill each with a different colour of sand or sugar. Place the other bowls at an agreed distance away. Each player must take teaspoons of the sand and run with them to the other bowl, the aim of the game being to get all the sand from the first bowl to the second. The winner can be the one who empties the bowl first, or the one who gets the most sand to the second bowl (you can check using a measuring jug!). A great game to play individually, or as a relay in teams.



## Capture the Treasure

To play this game, you will need one player to be the dragon and the rest to be the knights. Stake two flags in the ground, so that they are a short distance apart from one another. This is the entrance to the tower. Place some 'treasure' (a ball, toy, pile of pebbles) a short distance behind the tower's entrance while the dragon stands in front of it. The dragon's job is to prevent the knights from entering the tower to take the treasure. Give the dragon a water pistol or a bucket of water balloons. One at a time, the knights must try to pass the dragon and reach the treasure. The dragon tries to 'breathe fire' on them as they pass. If the dragon hits a knight with the water, the knight must retreat. If a knight makes it through, he or she claims the treasure and a new player becomes the dragon.



## Horn to Tail

A game for five or more people. Everyone stands in a line and holds hands. The first person in the line needs a unicorn headband (any headband or hat will do) and the last person needs a length of ribbon tucked into the back of their waistband. The aim of the game is for the head of the unicorn to catch its tail (which tries to avoid being caught), but everyone must stay holding hands the whole time. When the head has caught the tail, let everyone change places so they all have a chance to be the head or the tail.



## Beware of the Dragon!

Use skipping ropes or coloured chinks to make two long lines about six metres apart. This is your moat. Choose one player to be the dragon – this player stands in between the two lines. Everyone else is a knight and must stand behind one of the lines. When the dragon is ready, he/she shouts 'Try and cross!' The knights then try to cross to the other line without being tagged by the dragon. Anyone who is tagged becomes part of the dragon's tail. They must hold hands with the dragon or any other captured knights and join in trying to tag the crossing knights.



## Pin the Mane on the Unicorn

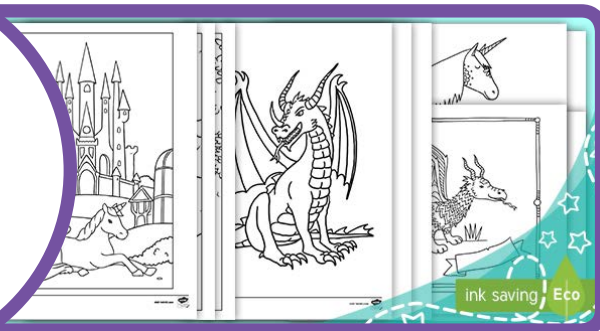
This game is best played in an enclosed space like a garden, as you will need a fence or wall. Divide players into teams and draw or print out a large unicorn outline for each team, fastening it to the wall or fence. Players start at an agreed distance from their unicorn. Give each team the same number of strips of crepe paper in a variety of rainbow colours; each strip should have a blob of sticky tack or a loop of sticky tape on the end. Players take it in turns to pick up one strip of paper, run to their unicorn and pin the paper on to its neck or back like a mane. They then run back and tag the next player, and so on. The winner is the first team to stick all their paper strips successfully to make the unicorn's mane.





If you enjoyed this resource, why not try...

## Dragons & Unicorns Colouring Pack



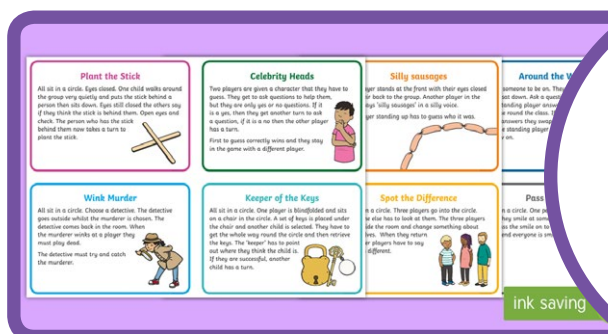
## Outdoor Learning Activities



## Unicorn Footprint Art Activity



## Ice Breaker Game Cards



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