



KERNELS

Ages 7+ | Individual | 1+ Players

AIM OF THE GAME



- ▶ Tossing a kernel into the air and at the same time picking others off the ground before catching.

EQUIPMENT



- ▶ Five kernels e.g peach, apricot, plum or avocado stones. Or alternatively smooth small pebbles, marbles or rolled up tinfoil to make small balls.

HOW TO PLAY



- ▶ Draw or mark out a playing circle around one step across in diameter on the ground and place your kernels, pebbles or marbles within the circle.
- ▶ Sitting inside or just outside of the circle the player takes one kernel, tosses it into the air and tries to catch it with the same hand. If the player can achieve this they can move onto the below sequence of difficulty levels.
- ▶ Level 1. Toss the first kernel into the air, try to pick up another one on the ground and then catch the first kernel. Do this until all the kernels are picked up, if one is dropped you start from the beginning again.
- ▶ Level 2. Toss a kernel into the air, pick up two, and catch the kernel. Repeat until all kernels are picked up.
- ▶ Level 3. Toss a kernel into the air, pick up three, and catch the kernel. Repeat until all kernels are picked up.

- ▶ Level 4. Place the five kernels in the palm of your hand, toss them all into the air at the same time and try to catch them either with your other hand or with the back of same hand that tossed them all up.

GAME VARIATIONS



1. When tossing kernels in the air, use the opposite hand to catch them, and with the hand that tossed them up, collect the kernels off the ground.
2. Increase combination and actions whilst the kernel is in the air. For example clap hands or place both hands' palms flat on the floor before catching or collecting kernels.
3. Play in pairs with one tossing the kernels and the other catching them whilst staying in their own circles.