



Middle Eastern Games

Kick the Can

Supplies Needed: One can (or a similar object such as a paint can or bucket)

Instructions:

One person, or a team of people, is designated as “it,” and the can is placed in an open space such as a gym, parking lot or outdoor area. The other players run off and hide nearby while whoever is “it” closes their eyes and counts to a previously decided number. “It” then tries to find and tag each of the players. Any player who is tagged is sent to a “jail,” which is simply a designated area for all the captured players to congregate, generally in plain sight of the can. Any player who has not been caught can try to “kick the can” at any time. If they can do this without being caught, then all of the captured players who had already been caught can be set free from jail.

Or, each time a player is able to kick the can without getting caught, just one of the captured players could be set free. The first person caught is the first to be set free, the second caught is the second to be set free, etc., until the person kicking the can is tagged or all the captured players are freed. If whoever is “it” catches all of the players, they win that round. The opposing team wins if everyone on the team is able to kick the can and no one is in “jail.” A new “it” or team of “its” is designated for the next round.

Mahabis or “Hunt the Ring”

Supplies Needed: One ring

Instructions:

Divide the group into two teams of approximately equal number. The two teams must first agree on how many points will be needed to win the game and which team will hide the ring first. The team that hides the ring first must gather out of sight of the opposing team and decide which player will hide the ring in his or her hand.

Members of the hiding team sit on the floor in a row with their hands clenched (but not clasped together) in their laps. The searching team chooses one member to guess where the ring is. The searcher walks in front of the opposing team’s players, looking for signs in their facial expressions to help determine who might have the ring. One at a time, the searcher touches the hands of those thought to not hold the ring. Players who truly do not have the ring are dismissed and may unclench their hands. But if the searcher dismisses a player who actually holds the ring, the hiding team gets a point and the teams switch places.

If the searcher believes a certain player holds the ring, he or she grabs that player’s hand. If the searcher guesses the correct hand and player, the searching team gets a point and the teams switch places. If the player does not have the ring, or if the ring is not in the hand the searcher guessed, the hiding team gets a point and the searcher continues searching.



Soccer or “Futbol”

Supplies Needed: One soccer ball and two goals

Instructions:

Middle Eastern soccer is the same game as American soccer; they just call it futbol. In a refugee setting, though, there are no strict rules. Sides can be made up of any number of players, and you can play to as many points as you want. If you do not have goals, it’s no problem; two designated areas can be used as the goals instead.