



LATVIAN FOLK GAMES

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Outdoor sports & recreation specialists:

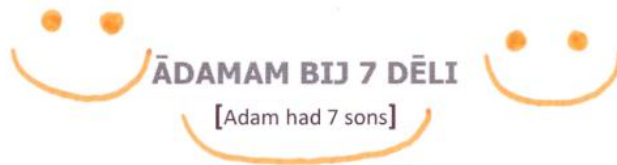
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AGE: ALL AGES

PLACE: Inside or outside.

Equipment: none, only human imagination.

Rules:



- People stand in a circle
- 1 person stand in the middle
- People around the circle, singing a Latvian song "Ādamam bij 7 dēli, 7... deli.. 2x[ne tie ēda, ne tie dzēra, ne tie zin, kas jādara]2x VISI DARA TĀ!"
- "Adam had 7 sons, 7 sons.. 2x[they didn't eat, they didn't drink, they didn't know what to do]2x Everybody does like this!"
- When Adam said "does like this.." then he has to show an action and everyone who are in ta circle has to repeat
- The person who can't repeat the action, becomes "ADAM"
- If everybody can do the action, we have to repeat another round.

The loser:

Person who is Adam for 3 consecutive times. People who are in the circle can agree for some action which Adam has to do. If he can't do the action he's out of the game for one round. If he can do, he stays in the game.

Modifications: (5-10 people)

With the same rules. The person who is in the middle (Adam) shows action and choses a person in the circle who was to continue the story (action that continues the story). For example: Adam shows fishing, he next person shows pull out the fish... and the third person things of something extra. The person who can't continue story becomes Adam and starts another story. Depending on the number of people 3-5 people should make a story. After first 2 people show their action, circle goes around and sings the song again. Then all that are in the middle repeat their actions and the last one elects new person who comes into middle and shows new action.



LĀNĀK BRAUKSI, TĀLĀK TIKSI!

[Slower you go, further you get]

AGE: 3-12+

PLACE: Inside or Outside, some imaginary line.

EQUIPMENT: none

Rules:

- 1 person stand back facing in front of the line
- Queen (person who are back-facing) has to say "LĀNĀK BRAUKSI, TĀLĀK TIKSI!" (Slower you go, further you get..)
- And other people have to run to the Queen while she is speaking
- When queen turns around people have to freeze
- If queen sees someone moving, the person has to go 2 big steps backwards
- The person who touches the Queen first becomes a Queen

Modifications:

1st



- The queen can decide about different kind of punishment
- If queen sees the person moving the one goes 2 big steps backwards and gets a punishment (standing on 1 foot and move on like that...). Punishment can be upgraded (e.g. standing / moving on 1 foot with 1 hand up, with 2 fingers...)

2nd to make a game harder instead of running toward the queen you can do

- Feet by feet
- Jumping like a frog
- Jumping on 1 foot
- Jumping with legs crossed
- Jumping in squats
- Rabbit run ...
- Use your imagination ...



LIGZDIŅU TAISĪŠANA

[creation of nests]

AGE: 3-12+, 5-20 people

PLACE: Outside

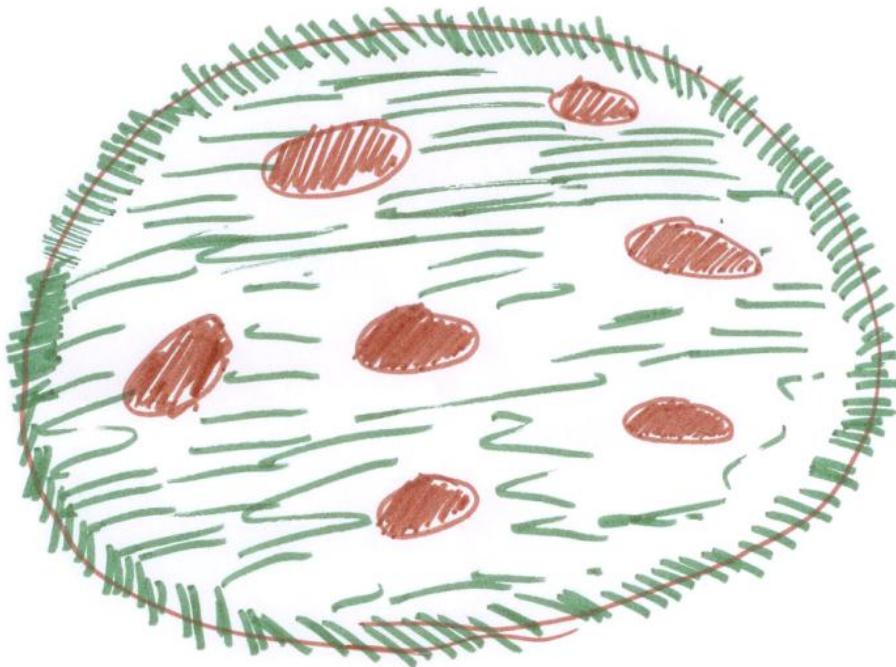
EQUIPMENT: stones (2 for each person or more)

Rules:

- Game leader has to hide the stones in holes (nests) inside the ground.
- Participants have to find the stones
- Who finds more stones is the winner
- Game should take about 5 minutes..
- The one who wins the game will lead the next game (hide the stones in the nests, etc)

Modifications:

- 1) This game can be used during Easter and you can hide actual eggs in the nests
- 2) To motivate people to find more stones, you can propose to change found stones for candy or apple or orange or something else.. like nuts ;)





STRAUJA STRAUJA UPE TECEJ!

[Rapid rapid river flowing]

AGE: 3-6

PLACE: Inside or Outside.

EQUIPMENT: none

Rules:

- People go around in a circle and sing the song "Strauja strauja upe tecej"
- One person is in the middle
- This person sings the song also
- When in the music are the words strauja strauja upe tecej, he must choose someone from the circle and dance with "arms together" clockwise and anticlockwise
- The person who was in the middle the first goes to the circle and other stays in the middle.
- When the person changes the circle changes the direction of the movement.
- The goes on until the song finishes or when everyone has been in the middle..

Modifications:

1. We can change the action of the game. Instead of dancing "arms together" we can do for example:
 - a. The chosen person jumps around the center person
 - b. Use your imagination..

BUMBIŅU SPĒLE

[game with a ball]

AGE: 4-12+

PLACE: Inside or Outside, you need some wall to hit with a ball

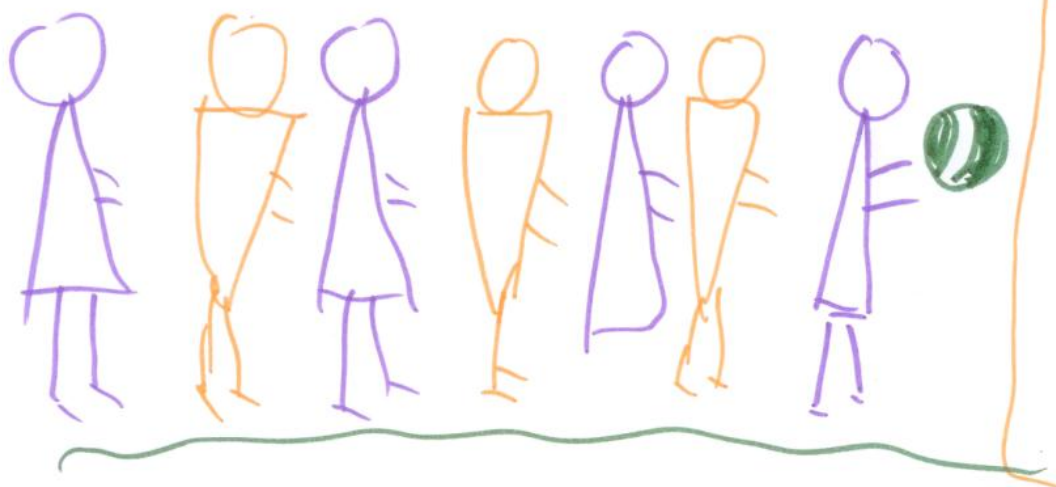
EQUIPMENT: ball that you can hit to the wall

Rules:

- All people are in a row facing the wall (one behind the other)
- First person has to throw the ball to the wall and make an action while the ball is hitting the wall.
- If he succeeds with the action the turn goes for next person.
- If all group succeeds with one action then leader decided about another action.
- If you fail doing the action then you are out of the game.
- The first action is clapping the hands while ball is hitting the wall.
- Next:
 - Turn around
 - Clap, tap your knees and catch
 - Clap, tap you knees and touch your nose..
 - Use your imagination

Modifications:

1. We propose all team can stand in a circle and then one person makes an action and then hits the ball to another person who has to repeat the first persons action. Then he can come up with a new action, throw a ball to another person who repeats the new action. The game goes on until the leader feels it's enough.



ASOCIĀCIJU SPĒLE

[Psychologist game]

AGE: 7+

PLACE: Inside or Outside, some imaginary line.

EQUIPMENT: none

Rules:

- The group choose one person who must go outside the room- the psychologist. He will be guessing who is the person who the group is talking about.
- Rest of the people agree to talk about one specific person from the whole group.
- They invite psychologist inside.
- Psychologist has to guess who were they talking about by asking questions which can be answered only with YOU or NO.
- When the Psychologist finds out who the person is, he becomes the Psychologist.

Modifications:

1. They can choose to think of person outside the group, like some actor, singer, politician or somebody popular.

