

Sleeping Lions

Group Size: 5 - 30

Key Stages – KS1, KS2, KS3

Team Building Skills : Common Goal, Trust

Equipment: No equipment



If you have not discovered Sleeping Lions then you will be amazed. It is a brilliant activity to have up your sleeve. Some might say a life saver if your group is becoming a little over excited!

Likewise it is a great wind down game at the end of a busy day.

The idea behind sleeping lions is that everyone lies on the floor and pretends to be sleeping lions. You will need one, maybe two, people who are the lion keepers. They walk around the room and look for movement of the lions. If they see someone move that person is out and they will need to sit at the side of the room / game area.

The last person left is the winner.

Younger pupils really get into this game and it would not be unheard of that some people fall asleep!