

Speed Rabbit

Speed Rabbit is a deinhbitizer with a cooperative twist.

Have the group stand in a circle. Start by telling the group to make rabbit ears by putting their hands on either side of their heads and pointing their index fingers straight up. Next show them how to make a rabbit's foot by tapping one foot on the ground. Have them do the other foot. Tell the group that it takes three people to make one rabbit. When you point at a person and say "Rabbit" that person is to make rabbit ears. The people to that person's right and left are to put their hand on the middle person's shoulder and tap their outside legs. This is a rabbit. Practice a bit by pointing to different people in the circle and saying "Rabbit." Give them help and time until you feel the group has the general idea. Explain that you will start in the middle of the circle and whenever you point at someone and say "Rabbit," you will begin to count to ten out loud. You can count as fast as you like, but must count by ones (not twos or fives...) and each number must be audible and distinguishable. If you get to ten before the group of three creates a rabbit, the person who was not doing their part of the rabbit will replace you in the center and you will take their place in the circle. If more than one of the three is not doing his or her job, you pick which one you will trade places with. Now that person is to point at others and say "Rabbit" and count to ten until he/she catches someone and takes the person's place I the circle. Continue until you feel they have the rabbit down and it is hard to catch them. Then teach another animal. I usually do "Elephant" next. The middle person makes a trunk and the people on either side make the elephant's ears. Now the person in the middle can point at people in the circle and say either "Rabbit" or "Elephant." Continue to add animals as the group gets better at the activity. Sometimes I have the group members make up the animals. The only rules are that the motions must be "school appropriate" and each animal must have three parts.