



I See! I See!

Children are in continuous motion and listen for "I See! I See!" from the leader which will then give them new directions on how they should be moving.

Executive Function Focus:

- Inhibitory Control – stopping on cue
- Cognitive Flexibility – switching from one action to another

Material's List:

NONE!

Social Emotional Skills:

- Listens attentively to others
- Approaches activities with enthusiasm and excitement
- Adapts willingly and easily to change

Before you Start/Set Up:

- Make sure children know NOT to make any body contact with each other (to prevent injury).
- Establish a clear area with some sort of boundary (trees, cones, etc.) so children know where to stay.

How to Play: ([video demo](#))

Children begin walking around in the designated area. (Make the walk fun: have them do a cool walk, slow-mo walk, zombie walk, etc.)

When the leader says the words "I See, I See," everyone freezes and asks, "What do you see?"

The leader responds, "I See _____." (The blank can be anything.) Children react by now walking around the area imitating what was "seen."

For example:

LEADER: "I See, I See!!"

CHILDREN: "What do you see?"

LEADER: "I see an elephant."

CHILDREN: Walk slowly around like elephants.

After a time, the leader will then repeat the phrase, "I See, I See," and the game will continue but with a new action.

Variations:

- Have a child be the leader.
- Instead of walking, have children freeze into a statue of what is seen.
- Use "I Hear! I Hear!" and have children make the sound while standing in place.
- Add music and have children adjust motion to tempo and tune.

Reflective Questions:

"How did you make sure to pay attention and listen for 'I see! I see'?"

"How did it feel to make your body become different things?"

"What did you do to make sure you didn't bump into anyone?"