

TOKYO TEN | 東京10



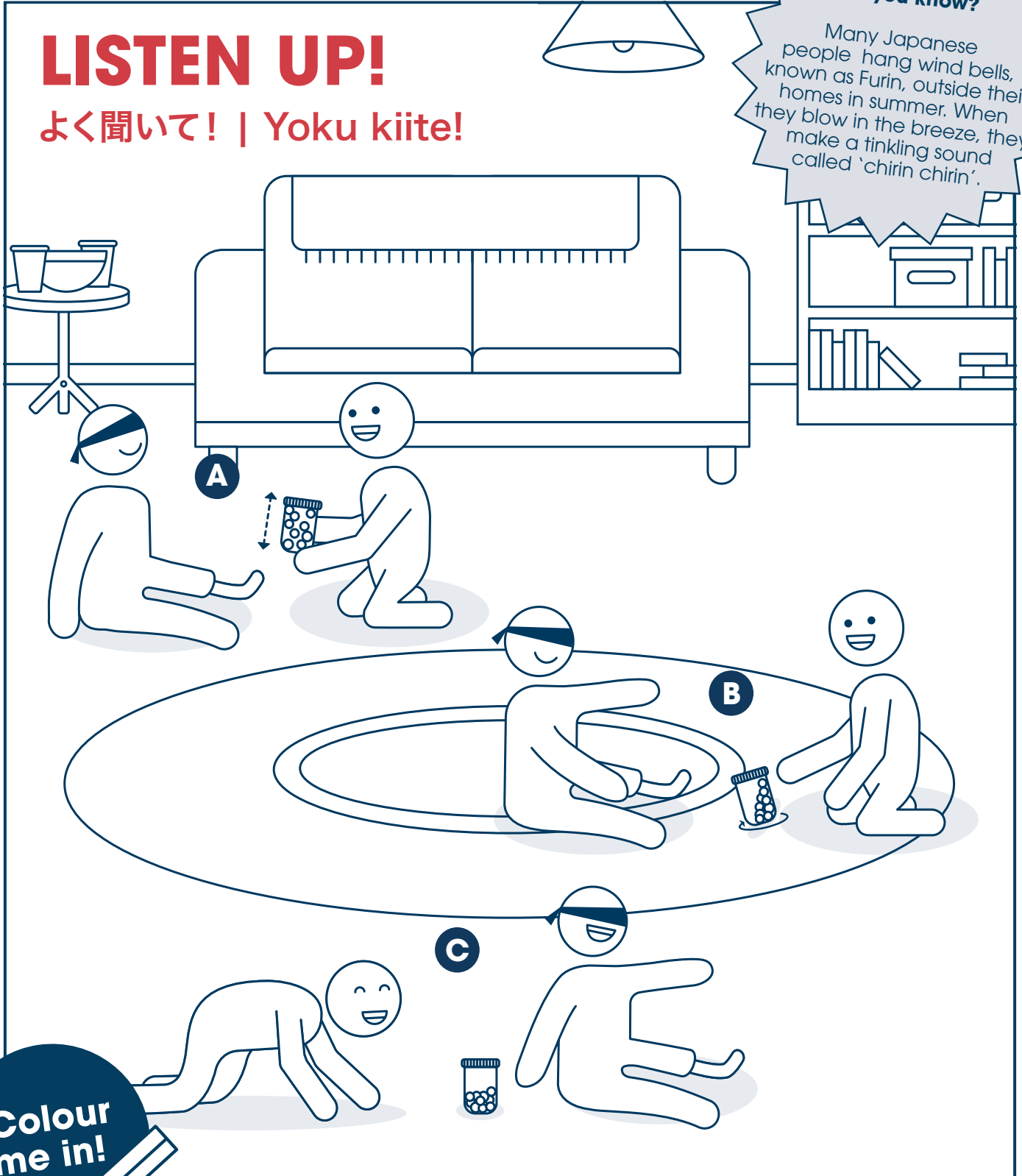
A 10-minute activity to get everyone moving!

LISTEN UP!

よく聞いて! | Yoku kiite!

Did you know?

Many Japanese people hang wind bells, known as Furin, outside their homes in summer. When they blow in the breeze, they make a tinkling sound called 'chirin chirin'.



10 Mins



LISTEN UP!

よく聞いて!

Yoku kiite!

Ball Games



Activity type

Home

Away

Indoor

Outdoor

Equipment

- A jingle jar: a clean jam jar containing two handfuls of dried peas, lentils, rice or pasta (something that rattles)
- Blindfold

How to play



2

Player A sits on the floor at one end of the room. Player B moves to different places in the room and rattles the jingle jar. Player A points to where Player B is. Are you correct?

4

Player A sits in the middle of the room, with the jingle jar behind them. Player B moves along the floor to 'steal' the jingle jar. Player A points to Player B if they hear them coming or going. If correct, Player B must start again.

1

Ask Player A to wear a blindfold. Player B rattles the 'jingle jar'. Try these challenges to test your goalball skills. You'll need to listen carefully!

3

Player A sits in the middle of the room. Player B tries to roll the jingle jar past Player A - to the left or the right. Can Player A stop it?

5

Swap roles so both players have a go at wearing the blindfold.

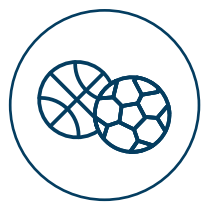
Variations

- With more players, roll the jingle jar across a circle. Player A sits in the middle and tries to stop the jar.
- With more players, more than one Player can try to 'steal' the jingle jar.
- Player B guides Player A across the room by rattling the jingle jar.

Challenge yourself

- Can you point to the correct place or stop the jingle jar more often?
- Can you play with more people moving about?
- Can you play in a larger space?

What next?



Try something similar

Goalball, five-a-side football, target shooting, cricket (for visually impaired players)



Try something different

Tandem cycling, guide running, swimming, judo (for visually impaired players)



Log your activity and find more Tokyo Ten activities and resources at getset.co.uk/travel-tokyo