



Dis+Abled

S P O R T P R O J E C T



GAME 18 - BLINK AN EYE
TRADITIONAL AND ADAPTED **GAMES**
FOR SOCIAL INCLUSION AND INTEGRATION OF
PEOPLE WITH DISABILITIES AND ABLE-BODIED

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SPORT PROJECT

GAME 18 - BLINK AN EYE

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INTRODUCTION

This is a simple play, known in Denmark as Blinkeleg and played with children and adults in schools, during local festivals, in sport centres etc.



DESCRIPTION OF THE GAME:

This is a simple, traditional, Danish game.

All participants make a circle and hold their hands. One person is standing inside the circle.

The task of the participants in the circle is to change their places. To do it, they must first communicate with one another, by blinking their eyes. Only when two people exchange such a wink, they can change places.

The task of a person inside the circle is to catch the players from the circle.

If he/she manages to do it, a caught person replaces the one in the middle and the game starts again. If he/she doesn't catch a person, he/she remains in the middle and the action of exchanging places repeats.

It is also possible to introduce different ways of communication between two participants – an exchanged smile, some gestures, sounds etc.

No matter what type of signalling you use, two participants must change their places in such a way that they avoid being caught / touched by a person in the middle.

There are no winners or losers here. You can also make it more competitive, introducing for instance the rule that a person caught is eliminated from the further game.



INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

A. For people in wheelchairs:

1. You can easily reduce the size of the pitch, by placing participants closer.
2. Organise it on a flat surface, without any obstacles.
3. They can have assistants, helping them moving while playing.

B. For visually impaired people:

1. Use T-shirts for participants in bright colours.
2. Use different forms of communication in order to change places, for example sounds.
3. Use sound elements, like bells, which can be attached to the participants' clothes.





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