



Materials: A Start Line and a Finish Line; and Open space

Round 1: Run Alone:

All Children: Race from Start line to Finish line. One child win. Ask the winner: How do you feel?

Round 2: Win Together:

Pair the children. Each pair must hold hands while moving towards the Finish line. They are successful only when both partners cross the finish line together.

Round 3: Challenge Round: Duckling Walk

Childre forms a 'Duckling line' by holding shoulders. They walk together to finish line. The Goal is to arrive together. If someone falls behind, the whole group slows down and helps.

Discussion:

Ask: Which round was easier? Which round was more fun? How did it feel when someone help you? How did it feel when you helped someone else?

Joyful Ending: Children happily jump together shouting: Nobody left behind We win together!

Om Sairam 🙏 [March 2026 📍 Kathmandu, Nepal, SSSSB Guru Neerana Shakya]