



Brightwater Site

First Nations Winter Games

Games are fun but they also teach lessons and develop skills. Many of the games demand endurance, agility, speed and strength. Though some games were played only by women or by men in the past, the gender divisions are not enforced so that all may participate at Brightwater. This list is a flow of activities from solo to tandem to group.

Solo Games

Jump your Height – Inuit game

Lay down on the ground and have a friend mark your feet and your head. Stand up and try to jump your height. Try a few times. Then switch roles.

Seal Race – Inuit game

Lay on your belly and propel yourself forward dragging your legs using your arms like a seal on the ice flow. Race the other seals.

High Kick – Inuit game – not recommended to do this inside unless you have mats. Do it in the snow. Suspend a target (tennis ball in sock) in it from a stick with a cord. One at a time, players try to jump up and kick the ball with the foot.

Tandem Games (partners)

Balance Push from Pete Chief

Stand facing your partner left feet touching and right legs behind. Hold right hands. Try to pull or push partner off balance.

Leg Wrestling (see instructions in kit)

Try to flip your partner with your leg

Stand Up

Back to back try to stand up with your partner with or without linking arms. Then try to stand up facing you partner holding hands - Lots of ways to do this. How many people can you add to the group and still stand up?

Team Games (groups of ten or more)

Triangular Tug-of-War

See instructions in kit. Try to be the first person to grab the colored stick.

Nitotem Bowling – Metis

See instructions for this game. Blue balls and target balls in the kit at Brightwater. It is best to play in Urwin Hall or playing field.

Double Ball

The Instructions and kit are at Brightwater. Start by tossing the double ball around in a circle. Then try to play the game. Leader has both color stick to help with refereeing. Sub in other players often. Make sure players keep stick down when doing practice circle.

For more games, use the CMC kit on Aboriginal Games #796.1 Abo.