

## **EXERCISE: “RIKKI TIKKI” BLAST BACK**

**GRADES:** Age 5 and up

**TIME:** 10 minutes

**SET-UP:** This exercise works best in an open space.

**SUPPLIES:** None

In the play, when Rikki Tikki Tavi the mongoose sees Nag the cobra, she scares him out of the garden with her battle cry of “rikki tikki, rikki tikki.” In this exercise, students practice being sneaky, much like Nag, with the objective of creating a nest for precious eggs. Students are challenged to move quietly through space without being seen by the leader.

### **INSTRUCTIONS:**

Stand in the middle of an open space. Count down from five to zero. Within that time limit students find a spot to stand, facing you, on the perimeter of the room. When you say “go,” the students sneak in to create a “nest” (holding-hands circle) around you.

Challenge the students to move without letting you see them moving. As you turn around, if you see a student move, point to them and say, “rikki tikki, rikki tikki.” That student must go back to the perimeter of the open space and begin again.

Once the group has successfully made a holding-hands circle around you, take a moment to ask students what tactics they used to move forward without being seen.

- VARIATIONS:**
- Give the group a time-limit to reach their goal.
  - If two or more students are connected by hands and one of them moves, all those connected are told “rikki tikki, rikki tikki” to begin again at the perimeter.

**OPTIONAL PRE-EXERCISE WARM-UP:** Students move around the open space in neutral, walking with arms at side. When you say “stop,” they freeze their body in their exact position at that moment. When you say “go,” they resume a neutral walk. Repeat these prompts at varying intervals. Next, prompt the students to move through the space as if they are sneaking somewhere. Observe aloud what you see. Tell them about how Nag sneaks through the garden. Prompt them to move like Nag.