

**Title**

Monster and Bulls

**Source**

Method presented during the International Trainers Laboratory, October 2001, by Russian team (traditional Karelian game). For further information on the International Trainers Laboratory, please contact IJAB e.V., Kerstin Giebel, Heussallee 30, D-53113 Bonn, Tel.: 0228/9506223, Fax: 0228/9506199, E-Mail: [giebel@ijab.de](mailto:giebel@ijab.de).

**Field/Content**

Movement Game

**Duration**

About 10 minutes

**Participants**

Open

**Aims**

To break the ice and energize the group

**Materials / Resources**

None

**Preparation**

None

**Methodology**

One person is a monster; the others are bulls. The people who play the roles of bulls should stand in a line and put their hands to the waist of the person standing ahead of them. The first person is the main bull; the last person is the smallest bull.

Then comes the monster. The monster has to catch the smallest bull. The main bull tries to defend the smallest bull and the others. If the monster catches the smallest bull (the last in the "chain" of bulls), the smallest bull will become the monster and the game will continue.

**Evaluation / Debriefing**

None

**Variants**