



Hands on: **Viking games**

Here are the instructions for 4 Viking games that everyone can join in.

THROWING WITH BALLS

Number of participants: 2
We practise precision and teamwork

Materials

- **1-2 balls about the size of a tennis ball**

Instructions

- 1 Stand facing each other with a distance of five steps between you.
Make sure there is plenty of space behind you.
- 2 Player 1 throws the ball to Player 2.
If Player 2 catches the ball, both take one step back.
If the ball is not caught, both take one step forward.
- 3 Player 2 then throws the ball back to Player 1.
If the ball is caught, both take one step back, and so on.
- 4 See how far apart you can get without dropping the ball.

Try with 2 balls!

Once you have mastered throwing with one ball, you can try with two.
Each player holds a ball and throws it to the other at the same time.
Since the balls are thrown simultaneously, be careful that they don't collide in the air.



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BALDUR'S FIRE

**Number of participants: from 8. No more than can stand around Baldur's fire.
We practise wit and strength**

Materials

- 1 strong, long rope

Instructions

- 1 Everyone holds hands to form a circle.
- 2 A rope is placed in a ring on the ground inside the circle. The ring represents Balder's fire, and if you step into it, you get burned and must leave the game.
- 3 The goal is to pull others into the ring **WITHOUT** stepping on the rope or inside the ring yourself, as that means you are out of the game. If you let go of each other's hands, both players must leave the game.
- 4 When only two participants remain, they are the winners.

A short story about Baldur

Baldur was Odin's son. He was so gentle and good that all living and non-living things promised never to harm him - except for the mistletoe. Sometimes, the gods amused themselves by aiming weapons at Baldur, knowing that nothing could hurt him. But one day, Loki tricked the blind god, Höd, into shooting an arrow made of mistletoe at Baldur. This time, the arrow struck him, and he died. As was the custom, Baldur's body was placed on a ship to be burned. When his wife, Nanna, saw this, her heart broke with grief, and she died. She was then placed beside Baldur on the funeral pyre.



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STEAL THE GOLDEN SKINS

Number of participants: 8-30

We practise speed, wit, and teamwork

Materials

- 1 scarf or 1 lambskin, rabbitskin or other skin

Instructions

- 1 Two teams line up behind their respective backlines.
- 2 A stool is placed in the middle between the teams, with a scarf (a golden skin) on top.
- 3 At a signal, the first player in line from each team runs forward. The goal is either to grab the 'skin' and make it back safely or to catch the opponent when they attempt to steal the skin.
- 4 If a player is caught or if the opponent successfully steals the skin, they must join the opposing team and play for them.
- 5 The 'skin' is then placed back on the stool, and the next players in line take their turn.
- 6 The game continues until one team has won over all the opponents.



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THE BULL IN THE RED SEA

Number of participants: 8-30

We practise strength, coordination, and teamwork

Materials

- 1 strong rope

Instructions

- 1 The rope is tied into a circle (the Red Sea).
- 2 One participant (the bull) stands inside the circle. The rest of the participants stand outside, holding the rope.
- 3 The bull must try to touch one of the players holding the rope. Players may let go of the rope to avoid being touched, but if the rope touches the ground, that player must swap places with the bull.
- 4 If the bull successfully touches a player while they are holding the rope, they swap places.
- 5 The players holding the rope can move to avoid being touched.

Make sure all players understand that they must work together to keep the rope from touching the ground. The game works best when the bull keeps changing direction.

Variation

A rule can be added where players are not allowed to move.

If there are many participants, you can try playing with two bulls at the same time.