



Activity for Pakistan

Ounch Neech

The game begins with one child as “It.” He chooses either ouch (up) or neech (down). If he chooses neech, then the ground is not safe; runners can be tagged out unless they are ouch, up on something like a stump or a rock. The opposite is true as well: If “It” chooses ouch, then the ground is safe so everyone remains on terra firma. Of course, children quickly realize that it’s boring to stay only in the safe zones. The first person tagged becomes “It” for the next round of the game. Great fun, great exercise, and a great way to burn energy!