

92 - "FROST AND SUNSHINE"

- Mark out the boundaries of the game.
- One person is FROST (*and wears a BLUE band*).
- Another person is SUNSHINE (*and wears a YELLOW band*.)
- Everyone begins running about in the space and FROST tries to catch them.
- When they are touched by FROST, they stand still (*freeze*).
- Sunshine can run around and touch the "frozen" children to release (*melt*) them and they join in the game again.
- Sunshine cannot be caught.
- Change FROST and SUNSHINE regularly.

