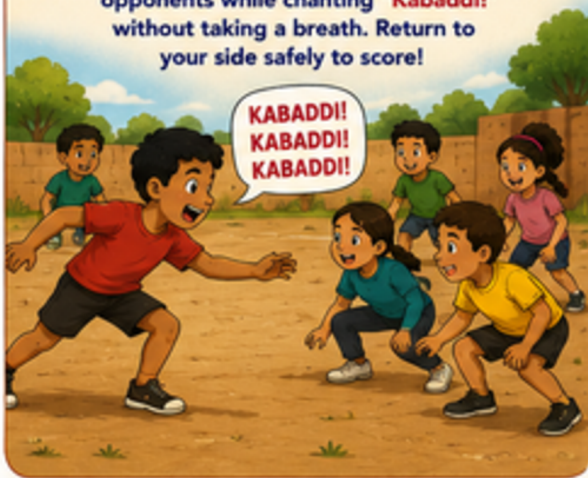




KABADDI (القيادي)

A FAST-PACED GAME OF SPEED, STRATEGY & COURAGE!

One player, called the raider, runs into the other team's side to tag opponents while chanting "Kabaddi!" without taking a breath. Return to your side safely to score!



THE FIELD



★ Any open space will work! Mark a center line if you can.

HOW TO PLAY

1 TEAMS

Split into two groups of 5-10 players.



2 FIELD

Use any open space — a backyard, park, gym, or even a large living room.



3 THE RAID

One player (the raider) enters the other team's side while chanting "Kabaddi!" without taking a breath.



4 TAG & RETURN

The raider tries to tag as many opponents as possible and return to their side safely.



5 STOP THE RAIDER

Opponents try to stop or tag the raider before they return to their side.



6 OUT!

If the raider is caught, they are out for the round.



SCORING EXAMPLE

If the raider tags 2 players and returns safely, their team earns 2 points!



TIPS FOR PLAYERS

- Take a deep breath before you go in.
- Stay light on your feet and be quick!
- Use strategy, feints, and teamwork.
- Communication and cheering help your team!

★ Practice makes your team stronger!

RULES AT A GLANCE

- ✓ Keep chanting "Kabaddi" the entire time without stopping for a breath.
- ✓ Tag opponents and return to your side safely to earn points.
- ✓ If you are caught, you are out for the round.

WINNING

The first team to reach a set number of points (for example, 10) wins!



WHY IT'S GREAT FOR PARTIES!

- 🏃 No equipment needed — just space and energy.
- ⚡ Fast-moving and exciting with lots of laughs and cheering.
- 👥 Easy to adapt for different ages, group sizes, or even a free-for-all version for extra chaos!



PLAY SAFE!

- Play on a safe surface.
- No pushing or rough tackling.
- Respect each other and play fair.





AL-KURDA (MALA / KAYCH)

A simple and fun game played with five small stones that helps develop concentration, manual dexterity, and hand-eye coordination!

YOU NEED:
Five small stones.



2 HOW TO PLAY – STEP BY STEP

The player repeats these steps throughout the rounds.

<p>1 Throw one stone in the air.</p>	<p>2 While it is in the air, pick up the required number of stones from the ground.</p>	<p>3 Catch the thrown stone before it falls.</p>	<p>4 Place the collected stones to the side and repeat.</p>
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★ Continue by collecting the stones in the correct numbers for each round: one by one, then two by two, then three by three, then four at once.

3 THE ROUNDS

You must pick up the stones in this order:

ROUND 1 ONE BY ONE	Pick up the stones one at a time.	
ROUND 2 TWO BY TWO	Pick up two stones at a time.	
ROUND 3 THREE AND ONE	Pick up three stones, then one stone.	
ROUND 4 FOUR AT ONCE	Pick up all four stones at the same time.	

You must always catch the thrown stone before it hits the ground!

4 LOSING A TURN

Your turn ends if you:

- ✗ Drop the thrown stone.
- ✗ Pick up the wrong number of stones.
- ✗ Move extra stones accidentally.
- ✗ Miss the catch.

If any of these happen, the next player takes a turn.

5 WINNING



The first player to successfully complete all the rounds is the winner!



Keep practicing and challenge your friends to improve your skills!

6 SKILLS & BENEFITS

- Improves concentration and focus.
- Builds manual dexterity and fine motor skills.
- Enhances hand-eye coordination.
- Fun to play alone or with friends!

Al-Kurda (Mala / Kaych) is a beloved traditional game that has been enjoyed by generations in Morocco and across many cultures.





HKAYETNA

A TRADITIONAL STORYTELLING GAME

A game of imagination, listening, and creativity!



HOW TO PLAY

<p>1 GATHER TOGETHER</p> <p>Sit in a circle with 3 or more players.</p>	<p>2 START THE STORY</p> <p>One person begins the story with the first sentence.</p> <p>Once upon a time...</p>	<p>3 ADD TO THE STORY</p> <p>The next person adds a new part to continue the story.</p> <p>Then, the hero met...</p>	<p>4 KEEP GOING</p> <p>Each person adds their own twist and gets creative!</p> <p>But suddenly, something unexpected happened...</p>	<p>5 CONTINUE UNTIL THE END</p> <p>The story continues around the circle until everyone has had a turn.</p> <p>In the end, they learned an important lesson.</p>	<p>6 COMPLETE THE STORY</p> <p>The story ends when the last person adds the final part and closes it!</p> <p>And they all lived happily ever after!</p>
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"Hkayetna" means "Our Story" in Arabic. It's a traditional game from Morocco where everyone helps build a story together!

WHY IT'S GREAT!

- Brings people together and builds connections.
- Boosts creativity and imagination.
- Encourages listening, respect, and patience.
- Fun for all ages!

EXAMPLE OF HOW A STORY CAN GROW

<p>Player 1</p> <p>Once upon a time, in a small village by the mountains, there was a curious girl who loved to explore.</p>	<p>Player 2</p> <p>One day, she found a hidden door behind a waterfall.</p>	<p>Player 3</p> <p>She opened the door and found a magical garden where animals could talk!</p>	<p>Player 4</p> <p>The animals asked her for help because a storm was coming and their home was in danger.</p>	<p>Player 5</p> <p>Together, they worked as a team and found a way to stop the storm and save the garden.</p>	<p>Player 6</p> <p>From that day on, the girl and the animals became best friends and protected the garden forever.</p>
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★ Every story is different. Your imagination makes it amazing! ★

TIPS FOR PLAYERS

- ◆ Listen carefully to everything that has been said.
- ◆ Be respectful and let everyone have a turn.
- ◆ Add new ideas, characters, places, or surprises!
- ◆ There are no wrong answers – just have fun!



WHERE & WHEN TO PLAY

- At family gatherings and celebrations
- During festivals and holidays
- Anytime, anywhere! All you need is people and imagination.



VARIATIONS

- ★ Theme it: Tell a funny story, a mystery, or an adventure!
- ★ Set a challenge: Add a funny character or a surprise object to include in the story.
- ★ Use actions or sounds: Add gestures or sound effects when it's your turn!



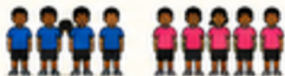


DINIFRI

A traditional Moroccan Berber team game of throwing, dodging, teamwork and strategy!

WHAT YOU NEED

- 5 flat stones or small stackable objects
- A soft baton (rolled cardboard or fabric)
- Chalk, sticks, or tape to draw the court
- 10 players total (2 teams of 5)



3 THROW THE BATON

One team starts by throwing the soft baton at the stacked stones. If they miss, the next player tries until the team uses all its turns.



6 DEFENDING TEAM GOAL

The defending team tries to stop them by:

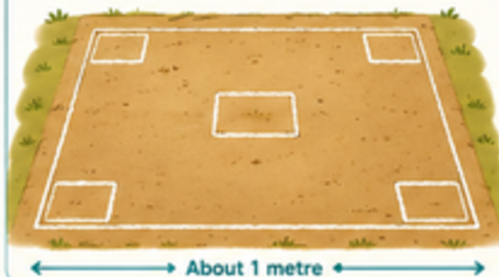
- retrieving the baton
- gently tagging attacking players with it

If an attacker is tagged, they are OUT.



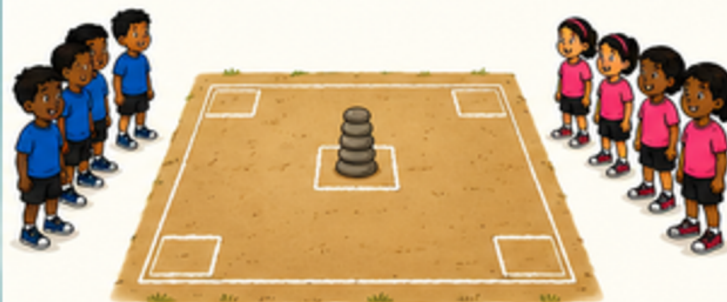
1 SET UP THE COURT

1. Draw a large square on the ground about 1 metre by 1 metre.
2. Draw one small square in each corner and one small square in the center.



2 PREPARE & TEAMS

1. Stack the 5 stones in the middle square.
2. Teams stand on opposite sides of the playing area.



4 KNOCK THEM OVER!

If they knock the stones over:

- they become the ATTACKING TEAM
- the other team becomes the DEFENDING TEAM



5 ATTACKING TEAM GOAL

The attacking team must:

- run into the court
- collect the stones
- place one stone into each of the 5 small squares



7 HOW TO WIN



ATTACKERS WIN
if they place all 5 stones into the squares.



DEFENDERS WIN
if they tag all attacking players before the stones are placed.



8 TIPS

- ★ Work together and distract the defenders.
- ★ Defenders can fake who is holding the baton to confuse attackers.
- ★ Use quick running and teamwork to succeed.



9 PLAY FAIR & HAVE FUN!

- ♥ Be kind and respectful.
- 😊 Play safely. No hard hits.
- 👏 Take turns. Everyone gets a chance to play.
- 👥 Encourage your teammates!
- ★ Have fun and enjoy the game!

