



Ninja Level One

Materials needed:

- Blindfold
- Clothespins
- Markers & Pens

1. Start in a Listening Observational Circle

All ninjas begin by closing their eyes and tuning into their senses.

- What are you hearing? be specific.
- If you hear voices, how many, who is speaking what is being said, from what directions?
- What does the ground feel like below you?
- What does the sensation of breathing feel like?
- What else can you sense around you?

2. Create your Ninja name & Ninja Clips

First, create your ninja name allows you to become even more silent and secret. By creating a second, Ninja name for yourself you can become a Ninja completely.

Second, create your ninja clips! Put your ninja name onto the clothespins and decorate them as you'd like. This way you'll leave your mark when you secretly ninja clip someone!

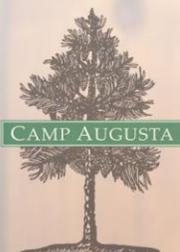
3. Learn each other's Ninja names, and begin to work together as a Ninja team

- Form a circle around a single Ninja
- The Ninja in center must try and hi five the ninja whose name has been most recently called other shinobi are trying to avoid being fived by remembering each others names

4. Practice Silent Ninja walking

Take turns trying to walk as silently as possible on different types of ground. Try grass first, then move up to more difficult terrain such as gravel or leaves.

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- What else can you sense around you?





5. Ninja Blindfolded Stalk

Form a circle once more, this time around a blindfolded Ninja. Others attempt to quietly stalk and ninja-clip the central blind member with their decorated clothes pins. IF they are pointed at by the blindfolded watchperson they must return to the edge of the circle. (sometimes it is necessary to ask ninja to stalk only one at a time).

6. Become a Ninja!

Take your skills out into the world! Attempt to clip your friends and family members. Remember, clipping to a bag or other accessory doesn't count. The clip must be on the person's clothes.

Ninja Jokes for extra fun!

Q: How does a ninja deal with fear?

A: He gives it to others!

Q: How do you give a ninja directions?

A: Don't worry, he'll find you!

Q: Why don't karate instructors watch sad movies?

A: They're too sensei-tive

Q: What do ninja's drink during the summer?

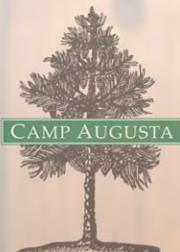
A: Karah Tea

Q: What kind of shoes do ninjas wear?

A: Sneakers.

Q: What did the ninja bring to the christmas party?

A: A verv bad idea!



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