

Dizzy Directions

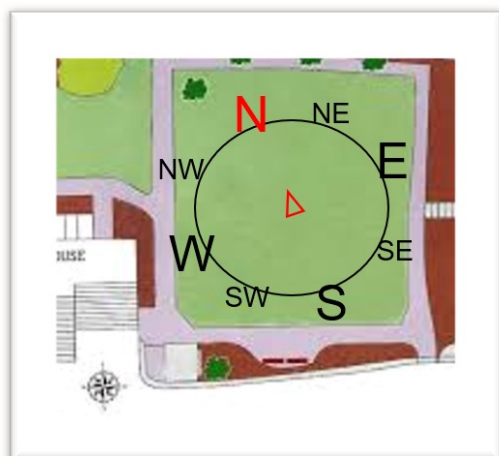
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Dizzy Directions is an outdoor activity that is:

- Physical – it gets you running shuttle runs around the garden (or indoors in a big room/hall)
- Mental – it tests your sense of direction
- Educational – it teaches you the Cardinal Compass Points
- For kids 9+ years
- Fun and can get competitive!

Set up (10 mins):



- Open the Dizzy Directions Markers file and either copy the Compass points onto card or print them off, then cut them out.
- The smaller set are “Calling Cards” and the larger set “Direction Markers”
- Now go outside and place a marker in the middle of the garden (for example a cone or bucket) and imagine a circle surrounding this centre point
- Now place the large North marker (use a compass or the midday sun is South) on the circle. It is RED because the needle on the compass points North – stick to cones or whatever is in your garden - the fence, tree, plant pot...
- Place the other Direction Markers the same distance from the centre point as the North marker

How to play:

- The player/s stand at the centre point facing North
- Shuffle the small marker cards and call out the directions
- Race to that marker on the circle
- Return to the centre point
- Always get the players to orientate themselves back to North
- Call out another card ...

Variation:

To play without adult supervision – instead of calling out the directions, the small cards can be placed upside down at the centre point and flipped over by the players themselves

Dizzy Directions – Additional Options

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Option A: This is the same as the original version but with fewer Direction Markers visible from the centre point

How to play:

- Always leave the North marker so players can re-orientate themselves
- Rotate as many markers as you choose or place them upside down on the ground
- Leaving them in position will allow players to still check they are correct when they arrive at each point

Option B: This is a one child at a time version which can be timed with a stopwatch to make more competitive

How to play:

- Shuffle the small Calling Cards and place them upside down at the centre point
- 3,2,1,GO! The player picks up a single card, runs out to the circle and places the Calling Card down beside the correct Direction Marker
- The player returns to the centre point and collects another card
- The game is over when all the Calling Cards are placed with the corresponding Direction Marker

Again this could be made harder by not making all the Direction Markers visible from the centre point.

Option C: This is the same as Option A but using a compass

How to play:

- Players will need to know / be shown how to use a compass
- Rotate all markers including North or place them upside down on the ground
- Players stand at the Centre Point and directions are called out
- Players use compass to direct them to the correct Direction Marker
- Leaving the Direction Markers in position will allow players to still check they are correct when they arrive at each point
- Players return to Centre Point for the next direction