



Connecting Experience Dzień dobry!

AGE GROUP

ALL

AMOUNT OF PEOPLE

5+

TIME

30 – 40 MINUTES

OBJECTIVE

To explore Polish scouting activities.

MATERIAL

Space to move around in



Instructions

Below is a collection of games and songs from Polish scout groups. Leaders could incorporate them across several meetings or combine it with another welcome activity to have a Polish themed meeting! If possible you could visit a local Polish shop and gather some Polish snacks for participants to try or challenge them to prepare a typical Polish dish like Pierogi or Bigos.

Polish Scout game:

Pif Paf

One person stands in the middle, with everyone else standing in a circle.

The person in the middle turns around and stops at a person in the circle and says "Pif".

The person they're pointing at must squat down and the people on either side of them must turn towards each other and say "Paf"

Whoever is last to say it sits down and is out.

If the person in the middle doesn't squat down in time, they are the one that's out.

When it comes to the last two people, they stand back to back and the person who was in the middle calls out random numbers, they have to then take as many steps as the number was, they call out a few, different for each game until they finally say "Pif" and the two people have to turn around to face each other, whoever says "Paf" first wins.

Polish Scout Songs

Łana O Łana

<https://www.youtube.com/watch?v=eeOrhcTSxYE>

First everyone does the actions by themselves then with arms around each other in 2s, 4s, 8s, 16s, and then all together, actions are in brackets with the words they're done along with

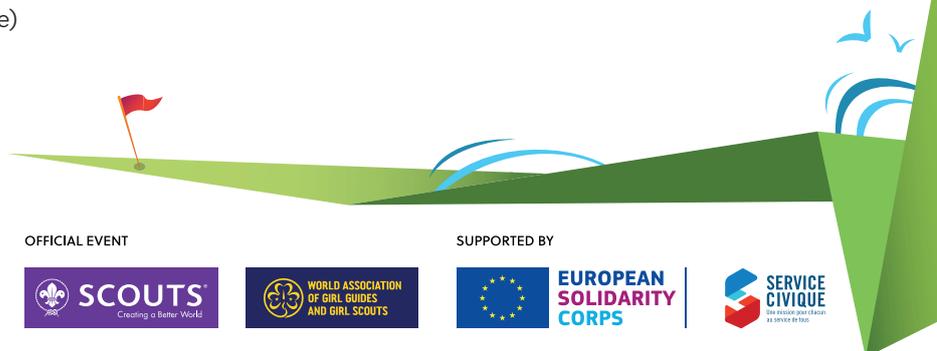
Łana (bend forward)

O Łana (bend Backward)

Łana Łana Tutu Ła Tutu Łe (shake out the right leg twice, then shake out the left leg twice)

Uno one Uno dos Uno tres BANANAS (stepping into the circle and shaking from side to side while moving down on bananas)

Łana Łana Tutu Ła Tutu Łe (walking out of the circle)



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La Pic La Czok

https://www.youtube.com/watch?v=KlEt7Ld_vKQ

La pik

La czok

La piko la ko zana

Na – puf!

Actions: Foot forward, Foot to side.

First just right foot

Then left foot,

Then both feet - jumping (first to the right, then to the left then jumping out to each side with your legs)



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