

1 Tribute to Traditional Children Games of Tamil Nadu

2 Dr.A. Muthu Meena Losini¹

3 ¹ Mother Teresa Women's University

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6 **Abstract**

7 In modern days there is a striking difference between the children of the previous generation
8 who have abundant treasure of natural source of various games and this generation who lacks
9 nature games. During the latter half of the 1900s kids used to play both indoor and outdoor
10 games that are the games of the soil. In later years, these games were neglected by the arrival
11 of Cricket, Tennis and Football. None play games such as Goli, Ghilli, Dhaya kattam,
12 Paramapadham, Pallanguzhi, Paandi, Aadupuli aatam, Sotangul and Thatangal and many
13 more such games.

14

15 **Index terms**— indoor games, outdoor games, board games, property games, team games, method of playing
16 and benefits of games.

17 **1 Introduction**

18 These games reflect rich culture and tradition and render ancestral knowledge and impart values and virtues.
19 Besides, it improves our observational skills and math skills and other soft skills. These traditional games have
20 a unique design so as to develop a lot of skills like logical reasoning, thinking, building relationships, sharing,
21 perseverance, concentration, basic mathematics, aiming physical fitness, balancing attitude and acceptance. In
22 such a way these games act as learning aids. Though people did not go to school they know the way of life, they
23 manage households with an extended family, manage business and they are the decision-makers. They infuse
24 children with virtues to protect the family's name and fame and taught them the reputation, dignity of their
25 culture and tradition and to adopt the situation. Each one is aware of their role within the family and also in
26 the society. Elders are revered and youngsters are paid attention and children are taken care of. These games
27 facilitate children in socialization which is a proponent in getting along with the society as well as creating a
28 friendly ambiance. They impart tolerance and patience to overcome troubles and harvest their accomplishment.
29 They teach us to win and also to lose, improve the sensory skill, count and add motor skills, identify colour,
30 develop hand-eye and leg co-ordination and finally it arrives at fun.

31 While playing the game, one got a chance to learn about our culture and history and environmentfriendly.
32 These games are suitable for all ages. Hence, it unites all despite age, class and other differences.

33 Though modern games are played around the world in a stadium and auditorium, most of the unaffordable
34 parents and kids sit and watch in their living room, without part take in such games as it seems expensive and
35 required a lot of funds and so only few can be benefitted. But, these games are the pride of our culture and
36 tradition. These traditional games could be classified as indoor games, outdoor games, board games and property
37 games.

38 **2 Indoor games:**

39 They are still played in villages. It develops unity and strength among the kids in supporting their team. It
40 improves their team spirit and adjustment, managing the group and achieving the task in playing. It nurtures
41 patience, perseverance, acceptance of mistakes, generosity, dedication, recognize and respect the values of others
42 and the opponent team. These children's games are almost team games that develop team spirit and leadership
43 qualities. Let me list out such games children used to play in villages even now.

4 PROPERTY GAMES:

44 ? Thirudan police: A police has to find out who is the thief in the game with some clues. ? Raja Rani: Group
45 game played by both boys and girls. ? Oru kodam Thanni: A team game, which promotes children in keeping
46 the environ green by watering the plant and planting the saplings. ? Poo parikka varugiro: Team game, tells
47 about the flowers and months of our culture and give and take policy. ? Hide and Seek: Group game.

48 ? Kho-Kho: A team game.

49 ? Nondi-Hop and Catch, group game.

50 ? Pacha kudura: It is a kind of series of high jump ? Kabadi: It is a team game for youngsters.

51 ? Oadi Pudithal (Run and Catch).

52 ? Maram Yeruthal/Tree Climbing-Catching children who are claiming the tree. ? Seval Sandai: It is a
53 cockfight.

54 ? Kanna Moochi: Closing the eyes of the finder till all children hide themselves and let the finder to find
55 removing the blinds from the eyes. Group game. ? Kola Kolaya Mundirikaai: It is also one of the kinds of
56 hide and seek game. ? Kiliyandhatu and Kaliyal: Group game played in Southern Tamil Nadu. ? Kayaru
57 Thanduthal: Jumping the rope as two ends of the rope is tied so as to Increase the height for each jump.

58 ? Kayaru Iluthal: It is a rope pulling game to prove the strength of two teams. ? Unjal Aaduthal: Playing in
59 the swing.

60 ? Maintaining Balance: Carrying pot on head and walk without holding the pot in hands. The pot should
61 not fall down. ? Oosi Korthal: Injection thread in the needle improves concentration.

62 ? Tattankal/Sotngal: Group game: Children use small stones they toss and catch these stones. These games
63 are played indoor as well as outdoor depending upon the size of the property and size of the house. These
64 traditional games of Tamil Nadu could keep our children away from tablets, smartphones and laptops.

65 In Tamil Nadu, there are many rituals followed during the wedding. These rituals are finished in the early
66 morning itself. After the rituals, the bride and the bridegroom family get a lot of leisure time to sit and chat
67 with relatives and friends kith and kin. They used to conduct a game to engage the guests from both the bride
68 and groom side.

69 3 Board Games:

70 These games are played both indoor and outdoor usually under the trees in the village using boards or drawn
71 in the ground using colour powder or chalk piece. ? Aadupuli aatam ? Paramapatham ? Langakattai ? Sozhi
72 Urutal

73 4 Property Games:

74 These games are played with some properties like Pambaran, Goli/Glass Marble, Kayiru Thanduthal,
75 Shells, Tamarind Seeds.

76 ? Outdoor: ? Pambaran ? Jallikattu ? Goligundu ? Gilli thandu ? Nongu vandi ? Cypla tyre ? Thennai Olai
77 Rocket ? Uri adithal

78 ? Kal addithal: It involves a pile of stones that are stacked on top of each other. One member of a team
79 throws a stone to knock the stones over.

80 ? Kolikunndu: It is played with round glass marbles and the motive is to collect as many marbles as possible
81 by shooting and stretching other marbles with the ones you have -two teams.

82 ? Kittipul/ gilli-danda: This is similar to cricket and baseball which is popularly known as gilli, it is played
83 with a small piece of wood reduced on both sides as Gilli and a large piece of wood that is used to hit the Gilli
84 known as danda. The aim of the game is to hit the gilli as far as possible-Two teams.

85 ? Pambaran is a game involves spinning a wooden top 'Pambaran which has grooves in its lower half and a
86 nail at the bottom on which the pambaran spins. A thick string is wrapped around the grooves on the lower
87 half and pulling the string makes the topspin.

88 ? Kattam Thandusal/Hopscotch: It is a popular ground game where players throw a stone or small object
89 into a numbered spaces of patterns of square and rectangle marked on the ground and then hop or jump over
90 the spaces on one or two legs to retrieve the object.

91 ? Ozhindhu Vilaiyaduthal/Hide and Seek: It is a popular kids game where kids hide themselves in an area
92 to be found by one or more seekers. The seeker closes his/her eyes and started counting numbers till other kids
93 hide themselves, after that he/she tries to find the hidden players -Group.

94 ? Thirudan Police/Thief and Police game: Two Teams -There are two teams in the game, one the team of
95 thieves and the other Police, the Police tries to catch the thief, after catching, the turn changes to the others
96 (the thief becomes police) and the police becomes thief if they get caught.

97 ? Oyir Koduthal/ Lock and Key: The aim of the seeker is to touch the other players, giving them wish, as
98 soon as wish is given the person stays there until teammates come to give him/her as it. The game ends when all
99 players have been caught and there is no one left to grant a wish.

100 ? Nondi (Two Teams): The team that wins the toss defends first. The opposing team sends a player to tag
101 as many defenders as he can while hopping on one foot. The team that tags the most defenders are considered
102 winners. Gummi, Fire in the mountain, Thayam, Tattankal etc. are the main games of the little girl.

103 5 Funnel game

104 Playing in the water: This includes saving the head of the drowning head of water for some time in the well,
105 pond and in the river.

106 Ball: In ancient times, men played in coconut fiber, cotton, and small amounts of iron. The girls played with
107 flowers. Traveling on horseback and playing ball. The game of polo now depends on this genre.

108 Swing : Swing game. From Alam paste to Ambon, they were used as playing instruments.

109 Kathaadi: Cut the palm leaf into a windmill and run it in the direction of the wind.

110 6 Gummi: Women sing around with clapping hands rhythmically

111 Uppu mootai is a familiar game for many where one has to carry another on his back and walk. In a generation
112 that seems to be immersed in smartphones and tablets, games like that tangal, pallanguzhi and uppu mootai
113 which were once played in almost every household have become a rarity.

114 A variety of these traditional games were held in the form of school competitions at the Hindu Spiritual
115 and Service Fair at schools and colleges. Although video games may be the go-to for many kids, the students
116 themselves admitted that these native games were a better alternative. "Our eyes aren't strained, we get some
117 vitamin D and we also maintain a healthy weight," observed children.

118 In contrast to most mobile or computer games that isolate children with technology, these games are also
119 a social exercise where students are forced to play together or work in teams. Sitting in front of a tablet or
120 computer for hours due to its addictive quality is only going to increase obesity which is increasingly becoming
121 a problem. Not just this. People also pointed out that each of the native games have different benefits. A game
122 like pallanguzhi involves fast addition and multiplication while tattanghal and other board games involve fine
123 motor skills, counting and quick hand-eye coordination.

124 Children really know when they play that these games actually gave more exercise to the brain and also not
125 strain their eyes. Given such limited awareness about these games in the current generation, experts even suggest
126 that these games be introduced in schools and homes as they are the best social exercises. Some schools are
127 already practicing this. A game like Pandi (hop-scotch) forces a child to play with others, and all it requires is
128 some chalk and stones.

129 There are also easy ways to discharge the stress and need not be materialistic. Games do not have to be
130 necessarily only football, cricket, throw ball or volleyball. These kind of native games also should be given
131 importance and is something that crosses the age barrier unlike many physical sports.

133 7 II. Method of Playing the Traditional Games

134 Pallanguzhi -Passupandi: It is an indoor game, played by two people. It is a strategic game with skillful moves
135 and memory about the position and number of coins kept in the opponent's pit. The game board has 14 pits.

136 Benefits: Enhances coordination, memory, observation skills, maths and motor skills. Sonalu Kattam: The
137 goal of the game is to make all the game pieces reach the center (turn fruit) and the first person to do so wins.
138 Thanjavur Kattam (also referred to as Pagadai): It is an indoor game, played by 2-4 persons. The goal of the
139 game is to bring all the six coins home before the opponent does. Cowries (used as dice) are used to move the
140 six coins along the board by the players and players can cut each other in the process to race ahead of others.

141 Benefits: Enhances quick thinking and decision making Traditional Tamil games like -Kho-Kho, Kabadi, Nondi
142 (one-leg hopping), Skipping, Sagar-gote (five stones) and many more don't require expensive equipment to play,
143 nor does it require any uniform or specific shoes and accessories, all that is required is people to play with and
144 space to play in.

145 a) Builds life skills Playing conventional games have always brought kids together, encouraging teamwork and
146 social interaction. Most old school games require agility movements such as swinging of arms and jumping. It
147 boosts exercise and improves eye-hand and leg coordination. Team games like Kabaddi and Kho -Kho require
148 kids to come up with tactics to defeat their opponent, in turn, helping them to strategize and resolve their
149 differences.

150 8 b) Pass our heritage

151 It is equally important to teach our kids about our culture and tradition as it is to teach them new age concepts.
152 It is vital that they know their roots and have a sense of pride about it. By playing traditional games, children
153 can connect with their heritage through sports and this has a deep lifelong positive impact on them.

154 9 c) Bridge generations

155 Sports is a great connector -across countries, ages, religions and even across socioeconomic statuses too. Sports
156 bridge all gaps pulling people and connecting them emotionally. Playing traditional games as a family brings the
157 family closer and the bond stronger. Children need unstructured playtime and introducing conventional games
158 to the family routine can be a great bonding activity for all. Children who have strong family relationships grow
159 well at all other aspects of life as well.

9 C) BRIDGE GENERATIONS

160 Traditional games are an extension of Yoga in a practical form as it focuses on physical well-being, refining
161 the senses, strengthening the body and balancing your breathing. All traditional games generally encourage one
162 or more of these three.

163 Unstructured play has a vital role in developing various aspects of children's growth, behavior, and
164 interpersonal skills. Therefore, there is urgency in reestablish traditional play in children's lives. These games can
165 also be of great benefit to them as kids require physical activity, social skills, creativity, imagination, competition,
166 camaraderie and many more benefits that could fill an entire article. In a nutshell, traditional children's games
stimulate the children's growth, physically as well as intellectually.¹

? Uyir Koduthal: In this game, children help the other children by providing extra chance for them to continue the game for a longer time.

-A team game where one child gives another child a chance to initiate him.

? Kichi kichi thambalam: It is an indoor game. A child has to find out the object which was hidden by opponent.

? Thayam: It is a group game played by two or four members with spinning the dice.

Indoor game

? Outdoor Games:

? Pappu kanji: This game teaches them sharing what they have with others.

? Aaku paaku vethala paaku: Team game, children learn that unity is strength.

? Kulai kulaiyai mundirikkai: It is a type of hide and seek game.

? Kokku para para: Team game, requires concentration and avoids boredom.

? Nandu pudichu vilaiyadu: It is a fun game.

? Vidukathai: Team game, It is a puzzle game and one who knows the answer is rewarded.

? Mooka pudi: A person holds the breath as he drowned in water to be found by his opponent.

? Colour colour what colour: Children are familiarized with colours in this game.

Figure 1:

168 [Vicakarupan ()] *Nadar Formalism*, G Vicakarupan . 2004. Jaffna. (Flower Edition)

169 [Sangha Literary Games" by Suvikamasundari (New Century Bookhouse] *Sangha Literary Games" by Suvika-*
170 *masundari (New Century Bookhouse*, Chennai Publication.