**Traditional community games of Pakistan**

**Project Reflection**

Traditional games are always a source of inspiration for young generation because they are passed from generation to generation. Grandparents especially tell their memories of their childhood as how they played in a world where there were no internets, computer games. So, the young children are always attracted towards regional traditional games. The viewers will learn new games, adopt them and understand our culture and traditions to some extent. We use the objects in our traditional game of “Tipu Gram” which can be found everywhere in the world i.e. some equal size round marble pieces and a soft ball. These are very common items and very cheap as well. So, anyone can play this game after learning some rules. I found my students so enthusiastic about learning and mastering this game in a friendly environment. It gives them an opportunity to indulge themselves in physical activity which requires a lot of movement, and running. They try to save them from being hit with the ball, it compels them to use their full energy, experience the sweating condition which is a healthy sign for physical health. I want the children of other nations learn this game.

Best of Luck!