Monster in the Middle

A Procedural Story
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Realize. We can all make a difference.
Note to parents/caregivers and teachers:

This book has been written to promote health literacy, as it is crucial to a child’s overall health for them to be physically active. Physical activity at this age not only benefits their health but also helps them to develop basic physical abilities and movements. These abilities and movements precede the more complex ones they will need later on to advance their physical activities in sports and every day life.

*Monster in the Middle* is written in a procedural writing form because we want the children who read this book to be able to play the very same game the characters are playing. The book gives detailed, clear descriptions of what equipment is needed and exactly how to play the game, so it is easy for children to follow along and start their very own game of Monkey in the Middle.
Hello! Today we are going to teach you how to play the exciting game of Monster in the Middle!
Here is what you will need to play the game:

- 3 or more players
- 1 ball per group
- A ‘monster hat’ for the monster to wear (or any other item to tell the monster apart from the rest of the players)
- Lots of room to run around!

If there are more than 6 players, divide into even groups. Each group will then play their own game!
Before you start the game you need to pick out a ball. Try to get a soft, medium sized one!
Now you have to choose one player to start as the monster!
Once the monster has been chosen, have them put on the hat!
Now, is everyone ready to play?!
The goal of this game is to work as a team to keep the ball away from the monster.

You can do this by throwing the ball...
…or rolling it to your teammates!

But you aren’t allowed to hold the ball for more than 5 seconds at a time, so pass quickly!
If the monster gets possession of the ball, they will no longer be the monster...

..instead, the last player to touch the ball will become the monster.
The new monster must now put on the hat and the old monster joins the rest of the players!
Now keep playing, and remember to switch monsters every time the monster gets the ball!

You can play this game for as long as you want, but be sure to take a break and drink some water when you get tired!
Have fun playing! See you next time!
Monster in the Middle introduces children to a fun and exciting game in which the main focus is to get them active while having fun. This is an easy to play game that is inclusive to all children of varied abilities, and is sure to be a hit even for those who dislike physical activity!

About the Authors:

Dyllon Giblett grew up in Estevan, Saskatchewan. He plays hockey and is in the Arts Program at the University of Regina.

Jacie Vandermeulen also grew up in Estevan, Saskatchewan. She likes to snowboard and is a Kinesiology student at the University of Regina.