

### **Octopus Tag**

One child is chosen to be the octopus. The others line up along one side of the area. When the Octopus yells out "Octopus" the children all run to the other side of the area- trying not to get caught. Those that are caught become one of the Octopus's arms. They stay where they were caught and help catch everyone.

### **Shadow Tag**

Everyone is "It" in this game! You can catch someone by stepping on their shadow. When caught, you sit down and count to 10 and get back up and keep playing!

### **Amoeba Amoeba**

Amoeba are microscopic animals that float around aimlessly until they are matched with other amoeba similar to themselves...then they join together. In this game, the children wander around being "Amoeba's" when you say a group, they form that group. For younger groups, it is nice to start out with a few choices of favorite things like: apples or oranges, football or basketball, vanilla or chocolate, etc.. For older children (and younger after they "get it" - you can just say a category like: favorite fruit, favorite veggie, birthday month, age, grade, etc...

### **Crazy Chase**

***What you need: ball or other item that is easy to throw and catch***

Players sit in a circle, Choose 1 or 2 people to be it. The group sitting begins to slowly toss the ball around the circle while "IT" is running on the outside of the circle trying to tag the people as they catch the ball before they throw it away. If "IT" tags the person while they are still touching the ball, then s/he becomes it and goes outside of the circle. If the ball goes beyond (thrown too far-outside the circle) whoever threw it becomes it.

### **Charades**

Give a child or a pair something to act out. They can't talk at all and must get the group to say what they are acting out just by movements. Possible things: movie titles like: Spiderman, Spy Kids, The Land Before Time, etc. or books, or people etc.



### **Hog Call**

***What you need: blindfolds***

Have everyone find a partner and think of two words that go together (like peanut and butter, black and white, salt and pepper, ice/cream etc...) Have each person in the pair go to opposite ends of the playing area. Either blindfold them or tell them to keep eyes shut. Turn around a few times and yell out their word. They are suppose to find their partner by using only their predetermined set of words. ALTERNATE WAY: YOU give one an animal name and the other a sound (they won't know who their partner is) and they have to find their partner.)

### **Frogger (murder, wink)**

Everyone sits in a circle. One person is chosen to be the detective and goes just out of view of the group. Point to someone to be the frog. The rest of the group are flies. The frog will "kill" the flies by sticking his/her tongue out at them. When killed-they should die fairly noisy to take attention away from the frog. The detective gets 3 (or 2) guesses to determine who is the frog.

### **Paper Plate Game**

One child gets in front of everyone else with his/her back to the group. You tell him that he is a famous person or character and he is going to have to guess who he is. You tell the children "who he is" and he turns around. "It" turns around and the group gives him 3 clues about who he is before he guesses.

### **Find the timer**

#### ***What you need: a kitchen timer***

Everyone hides their eyes and someone hides a timer. You have to find it just listening to the ticking. For a real challenge-try doing it with eyes closed. (Must go over safety precautions first!)

### **Escort**

Divide the group into two or more teams (make the teams between 4-6 people-no more or they have to wait too long). Mark the start and finish. Each team wants to get their entire team over the finish line. The first person on the team runs to the end and back and when they return, they grab the next person in line. Together they run to the end and back and this time grab the next person in line, etc.

### **Triangle Tag**

Divide the group into small groups of 3. If you have extra —you can either play too, or make a group of 4. One person is chosen to be “It”. “It” leaves the immediate area so s/he can’t hear or see the remaining 3 people. The remaining 3 decide who the secret person is going to be. Then they join hands to form a triangle. It comes back and tries to catch the secret person. The people forming the triangle’s job is to keep “it” from catching the secret person.

### **Blindfolded Shoe Shuffle**

#### ***What you need: Blindfolds and shoes***

Each person puts on a blindfold and takes off their shoes. They then throw them into a pile in the middle of the floor. The referee then jumbles them all up and then shouts GO! The first person to find their shoes by touch and smell alone and put them on is the winner.

### **Bat – Moth – (like Marco Polo)**

#### ***What you need: blindfold***

Choose one child to be the bat. That child will be blindfolded. Choose 3 children to be the moths. The other children are trees. The trees form a circle and the bat and moths get inside the circle. The bat must try to catch a moth. To do this, s/he says “bat” (s/he can’t see...) and the moths must answer with moth. The bat must locate and catch a moth using only hearing.

### **Circle Delight**

#### ***What you need: Two balls and 12” fabric pieces***

Put tie a piece of fabric around the wrist of half of the group. Those children are one team. The two teams stand alternately in a single circle formation. Each team has a ball. At the signal the balls are thrown in the same direction from person to person belonging to the same team. The balls start moving from opposing players standing opposite each other in the circle. The purpose is to see if one team can move its ball from player to player at such a speed that it overtakes the ball from the opposing team. If this happens one point is scored and the game begins again. The first team to score three points wins. Note: The ball must be relayed between players of one team as they are positioned in the circle while not hindering the opposing team.

### **Big Chief (Also called Who’s the Leader?)**

Have all players sit in a circle and then chose a person to be “it”. The “it” is to leave so that “it” cannot see or hear. Choose one person to be the chief and he will act out short movements. Examples are clapping hands three times, stomping feet 4 times, etc. All other players must do what the Chief does. Have “it” return to the group to figure out who is the Big Chief, you can give him up to three guesses if there’s a large group.

### **Someone Moved**

#### ***What you need: nothing!***

Have all players sit in a circle and then chose a person to be “it”. The “it” is to leave so that “it” cannot see or hear. Have one to four players move in the circle. When “it” returns he is to figure out who has moved in the circle.

### **Quick Change Artist**

Have everyone sit in a circle and choose one person to be the quick change artist. Have the artist go out of sight and change something on him/her self that is visible (ie-put shorts on backwards, change hair, tie/untie shoes...). When the artist is done, have him/her walk into the middle of the circle and turn around slowly to give everyone a chance to see what has been changed. Then go around the circle having each person guess what has been changed. The first person to guess correctly is the next artist.

## Shadows

The aim in this lesson is to stay as close to their partner as possible. One person is the Shadow and they must copy exactly what their partner is doing. Encourage them to use the movements in today's lesson.

## Lose my Shadow

The aim of the game is to respond quickly to actions and lose their partner. Children work in pairs and try to stay as far away from their partner as possible. If working outside it may be necessary to designate areas in which children can move. Children can change roles either on instruction from the teacher or by tagging their partner.

## Up & Down & Stop & Go

Children have to listen very carefully!

- On GO - children must stop still.
- On STOP - children must move around the space either walking or running.
- On UP - children must sit or lay down.
- On DOWN - children must stretch up to the ceiling.

## Time Bomb

You ask each child in the class to individually choose one other person in the group to be a 'bomb' and a different person to be their 'shield'. Ask them to keep their choices secret. Tell the children that their 'bomb' is about to explode any minute and the only way to survive the blast is to hide behind their 'shield'. Each child should try to keep their 'shield' between him and the 'bomb' and since each child has made different choices, you end up with a room full of excited children desperately trying to keep behind their shield, who is also always on the move to keep behind their own shield!

## Towel Toss

In groups of either 2 or 4, see if you can catch balls or beanie babies with the towels. Each person hangs on to part of the towel and tosses the object to another group who is also hanging onto another towel. See if you can get an entire line of people throwing and catching with their towels! See if you can throw and catch in the line by starting objects on either end at the same time!

## \*\*Apples to Oranges

**What you need: One apple, one orange, paper, pencil, container, and music**

Print out slips of paper that you will pull out of a container. Each slip will be labeled differently as follows: before the apple, the apple, after the apple, before the orange, the orange, and after the orange. You might want to do a couple sets in case certain slips become detectable after use. Once you've completed the slips place them in a container mix them up. Have players stand in a circle, give the apple to one person and the orange to someone across the circle, then start the music. They are to pass the fruits until the music stops. When the music stops, pull out a slip of paper and read it. The group has to get in line according to what you say. If you say "in front of the orange, they line up in front of the person with the orange before you count to 20 (or whatever number is appropriate for your groups age and number of people.)

## Chicken Wobble

Wobble your way to a win.

Players find a partner and hook arms. With their free arms, they grab their partners' ankles. Then everyone lines up at the starting line. Race to the other side.

## Never in the Olympics

Mark a finish line. Everybody can race at the same time or you can divide up into teams to make it a relay race. To play, sit on the floor with your legs straight out in front of you and try to walk on your behind. No hands or feet allowed!

## Milk Carton Toss

Clean out some milk cartons and cut them so the bottom is off and you have a handle and an open space to catch things. In pairs see how many times you can throw and catch with the milk cartons in a row! (You can throw and catch soft balls, beanie babies etc.)

## Rabbits

**What you need: fabric strips**

Each child tucks a band (fabric strip) into the back of their shorts. The aim is to collect as many rabbit's tails (the bands) as a child can in 30 seconds.

### **Scribbles**

Each person makes a scribble on the piece of paper. Pass the paper to a partner and have them make a picture from your scribble. Share with the group.

### **3 Way Pictures**

Each person folds their paper into thirds. Keep it folded so no one can see what you have drawn. Then they should start by drawing the top third of a person on the top third of the paper. Pass the paper to the next person who draws the middle. Pass again to the last person who draws the bottom.

### **Craft Stick Puzzles**

Line up about 10 craft sticks. Tape them together and number them in order from 1 to 10. Flip them over and draw a design or picture on that side. Take the tape off and find a partner to put the puzzle together.

### **What's Missing?**

Place a number of items on a tray and pass it around the group. After everyone has seen the tray, take a few items off and see if everyone can figure out what you took away.

### **Blind Drawing**

Everyone has a sheet of paper and markers. You describe a simple picture and they have to draw it just by your description. For example: a house-you might say draw a square in the middle of the paper. Now, draw a triangle on top of the square. Draw a rectangle in the middle bottom of the square. Draw 2 small squares inside the square.

### **Shared Pictures**

Everyone should start drawing a picture. After 30 seconds, pass the paper to the right and draw on the picture you have now. After 30 seconds pass again. Etc.

### **Nose Masks**

Fold a piece of paper in half. Cut a triangle in the middle of the paper and unfold the paper so there is a triangle in the middle of the paper. Draw a face. Hang the picture on your nose!

### **Blind Contour Drawing**

Choose simple objects for the children to look at and draw. Line up the objects so everyone can see them. Each child should choose an object to draw. They are going to look at the object and pick a spot to start drawing and move their gaze along the outside of the object. As their eyes move, so should their pencil drawing the outline of the object. They should never look at their paper until they have finished the drawing. Then share them.

### **Rhyme Thyme**

Invent great rhymes by asking simple questions where the answer rhymes. Like "what do you call an obese kitten?" (A Fat Cat). Then add to that: What do you call an obese kitten wearing a cap? (A fat cat hat) What do you call an obese kitten wearing a cap who is laying down? A Flat fat cat in a hat...etc.

### **Photographic Memories**

Have all players stare in one direction for 30 seconds. The object is to see and remember as many details as you can. Then, turn away and write down (or draw or just describe) every detail you saw, from the cobwebs to the three-pronged electrical outlet.

### **Talking Stick**

Whoever holds the talking stick (a pencil, shoe, whatever) commands the floor. Pass the stick among players and create a story.

### **Eye Spy**

The children are going to guess what object in the room you are thinking about. You say "I spy something \_\_\_\_ (color) \_\_\_\_". They take turns guessing things in the room that are that color. You can also do things that start with a certain letter or sound, or are a particular shape.

### **1,2,3 Freeze!**

Start every meeting with a quick game of 1,2,3, Freeze. To play: explain to the group that every time you say "1,2,3 Freeze"-they are frozen and can not move at all until you say "Un-freeze". Make sure they understand that from now on-whenver they are with you, they are playing this game. Throughout the meeting, use 1,2,3 Freeze-WHEN YOU DON'T NEED IT to practice. Then when you really do need it-they will respond quickly. ☺

### **If you can hear me...**

Stand up in front of the group AND WHISPER "If you can hear me, clap once" (those that can hear will clap-thus getting the attention of a few more) "If you can hear me, clap twice" (again, clapping will get more attention,) Keep repeating until you have everyone's attention. You can vary this by saying stomp your foot, or "Joan is great" (my personal favorite!☺) etc.

**Paper Throw** (You have to be BRAVE to do this one! – but it is fun!)

This takes practice like the 1,2,3 Freeze Game. Explain that WHENEVER you throw a piece of paper in the air, they should HOWL and as soon as it hits the floor they have to be silent.

### **PUNCH IT and Whisper**

Sometimes, if they are very loud -you can start off with a very loud (LOUDER THAN THEM) and QUICKLY go down to a whisper. The effect of your very loud voice kind of shocks them and if you instantly go down to a whisper, you bring their noise level down with yours. So you say (Loud) EXCUSE ME! (Whisper) When you are done with your....

### **Simon says**

Simon Says stand up, Simon Says put your hand on your head...etc...until they are all doing what Simon Says

### **Echo**

First let them know that when you yell about Clover Kids they should repeat you. Leader yells "Clover Kids Rock!" Clover children yell "Clover Kids Rock!" Leader yells "Clover Kids are Cool!" Kids yell "Clover Kids are cool! Each time get a little quieter until you are whispering "clover Kids clean up" or whatever you want them to do.

### **Music**

Start singing a song that everyone knows  
Play music as a cue to be quiet (First let them know that when the music plays they should be quiet)

### **Lights on and off...**

Flicker the lights on and off to get their attention. (First let them know that when the lights go out, they should be quiet)

### **Humpty Dump**

Humpty Dump, Hump Humpty Dumpty Dumpty  
Humpty Dump, Hump Humpty Dumpty Dumpty

Take any nursery rhyme or jump rope rhyme and say it in rhythm – but for the last line you say "Uh! Ain't that funky now" and repeat the Humpty part. Like: Cinderella Dressed in Yella went upstairs to kiss her fella, made a mistake and kissed a snake and said "Uh! Aint that funky now or Little Jack Horner sat in a corner eating his Christmas pie, stuck in this thumb and pulled out a plum, and said "Uh! Ain't that funky now!"