

# Section J

## Games & Activities

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... and justice for all

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.

## Bodies Bingo

Make bingo cards with activities or jokes in the spaces. Each person goes up to another one and tells the joke or does the activity with the other person. Activities can include hopping, laughing, smiling, shaking hands, winking, singing the first line of a song—like Happy Birthday, etc.

From: Iowa Clover Kids Toolbox, <http://www.extension.iastate.edu/4h/Clover/>

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## Crickets and Bugs

The children split into 2 teams—the Bugs and the Crickets. Choose a leader for each team. Make two goal lines about 25 feet apart. Have each team stand on their goal line; the Bugs should have their backs to the Crickets. The Crickets should then silently creep up on the Bugs and stand behind them about 2 feet away. The leader of the Crickets calls out "Run, Crickets, run!" and the Crickets hurry back to their goal line while the Bugs chase and try to tag them. The tagged Crickets are now Bugs and then the turn is reversed with the Bugs creeping up behind the Crickets and the leader calling out "Run, Bugs, run!" and the Crickets chasing and trying to tag the Bugs to turn them into Crickets.

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## Gum and Glove Relay

The children line up in a row. The first child is given a pair of over-sized gloves and an open package of gum. They must open the gum and put a stick of it in their mouth before passing the package and gloves to the next person. (Can be done with teams as a "race"—be sure to have enough gum for all!)

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## Hula Hoop Relay

The children hold hands while standing in a circle. The hula-hoop is put around one child's arm. He must pass it from him to the next child without letting go of the others' hands by 'contorting' his body to pass the hoop. Continue until the hoop has been passed through the entire circle. (You can time each round and try to get faster or add more hoops.)

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### Catch the Ball Name Game

Stand in a circle. The first person says someone's name as they toss/bounce a ball to that person who catches it. That person then says another name while bouncing the ball to them. This continues until all have caught the ball. Keeping the same order, try to toss/bounce and catch the ball faster; may add more balls.

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### Simon Says

Same old game but go really fast and do what you command even when you don't say "Simon".

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### Earth, Air, Fire, Water

Everyone forms a circle. IT stands in the center and tosses/bounces a ball to any player and calls out any one of these words: *earth, air, fire, or water*. Before IT counts to 10 the player catching the ball must say an animal that is either on land (earth), flies (air), swims (water), or for fire just keeps silent. No animal may be used more than once. The player who makes an incorrect response becomes IT. For an easier version call out *animal, bird, or fish*.

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### Touching Tag

The person who is tagged by IT must hold the portion of the body they were tagged on while they try to tag someone else.

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### Squirrel in a Tree

Count off players into threes. Number ones are the squirrels; numbers two and three make up trees by facing each other and holding hands. Any leftover people are the fox(es) and lost squirrel(s). If caught, the fox and squirrel change places. A lost squirrel may get away from the fox by running to a tree and force the squirrel in that tree to run. There may not be two squirrels in a tree at one time. Rotate places so all get a chance.

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### Crab Soccer

Two teams. You can only move on hands and feet with your bottom facing the ground (crab walk). Use of hands is not allowed. Play soccer this way.

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### Steal the Bacon

Players are divided into two teams. Each person on each team is given a number. The teams line up facing each other but with the numbers going in the opposite direction: 1,2,3,4,5,6,7,8 facing 8,7,6,5,4,3,2,1. The goal is to retrieve an item from the center of the groups when your number is called without getting tagged by the person on the opposite team with the same number. The leader calls a number and the children with that number run to the center and try to retrieve the item for their team. Whoever gets the item and returns without being tagged by the other team's player is safe and keeps the item. If tagged, the item goes to the other team's player.

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### Bronco Tag

Groups of four. One person is IT. The other three line up with their hands around each other's waists. They are the bronco. IT tries to become the tail by attaching, like the others, to the last person's waist. If successful, the head of the bronco becomes the new IT.

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### Who's the Leader?

The children form a circle. One person, IT, leaves the room and a leader is silently chosen. The leader makes movements and everyone follows them—like patting the head—while IT comes back into the room and tries to pick out who the leader is. The leader changes what is being done while the followers try not to look directly at the leader to give them away. The leader wants to watch IT and try to change movements when IT is not looking at them. IT gets three guesses to find the leader.

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### 20 Questions

Think of a person or animal that is familiar to everyone. The group has to only ask questions that can be answered with yes or no. They get 20 tries to figure out the answer.

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### Tower Power

Have the children divided into groups of three or so. Give each group a bag full of materials—plastic bottles, wood, Styrofoam, cardboard, straws, cans, etc. plus glue and strong tape. The children must work as a team to build the tallest tower they can using ALL of the materials. The bags must all have the same materials in them. The towers must stand on their own.

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### Play the Dice Game

Each child takes turns rolling the die then passes it to the next player. The following activities go with the numbers on the die: 1 = recite your name and favorite food; 2 = make a face; 3 = get up and run around the circle and then sit down; 4 = pat your head five times; 5 = sing the first line of a song; 6 = say something you do well.

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### Crazy Chase

The children sit in a big circle, fairly close together and facing in. One IT stands outside the circle. A ball is given to a circle player and is passed from player to player or tossed/rolled across to an opposite player. The object is for IT to tag a circle player who has the ball in their hands. When IT is successful, they changes places with the circle player. Circle players have to stay sitting. If the ball goes out of the circle, the circle player who passed the ball trades places with IT. For variations: can use two ITs; allow only one-handed tosses/rolls; have the IT move inside the circle.

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### Quick Shuffle

Six volunteers stand up and get in a straight line. The children not in line check them out and close their eyes and turn around. The children in line are going to change places and then the others must put them back in the original order. Vary the number of children, etc.

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### My Name is and I Can...

Each person in a circle says their name and an action they can do. Then everyone says the person's name and action. Add each person's name and action as you go along. Example: "My name is Mary and I can do this" (jumps). Everyone says, "Mary can" (all jump). The second person says, "My name is Jimmy and I can do this" (claps). Everyone then says, "Jimmy can" (all clap), "Mary can" (all jump). Try to go faster and faster with the actions.

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### Play Unsmiling

The children line up in two lines facing each other. The first person starts walking between the two lines with a straight face. The players in the line try to make that person crack a smile without touching him or her. The person coming down the line must look at the others.

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## Numbers Change

Players are seated in a circle with IT in the center. All are numbered 1, 2, 3, or 4. IT calls out two numbers. Players with those numbers get up and switch seats and IT tries to beat them to an empty seat. If IT sits down, the left over person is the new IT and IT takes the number of the new IT.

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## Musical Madness

The children get in a circle marching or dancing around while music is played. The leader suddenly blows a whistle a certain number of toots and the children must get into new circles with that number of people in each circle. Those with the wrong number in a circle or those left over stand in the middle during the next round.

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## Zip and Zap

The players stand or sit in a circle with one or more ITs in the center. When IT points to a player and says "ZIP", that player must say the name of the person on their right. When IT points to a player and says "ZAP", that player must say the name of the person on their left. This must be done before IT counts to 10. To make it more difficult add ZUP and the player must say their own name. This is more difficult than it sounds.

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## Elbow Tag

Everyone finds a partner and locks elbows. Select one person to be the runner and another person to be IT. IT tries to tag the runner but the runner can link their elbow with a free elbow and the person on the other side becomes the runner. If the runner gets tagged, they become IT and the tagged IT becomes the runner. If you have a lot of children have two runners and two taggers.

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### Play the Puzzle Game

The children are each given a piece of one of three puzzles (cut up several large pictures into three pieces each for puzzle pieces for at least three groups—but the more groups the merrier. They cannot look at the piece until you give the word. On your mark, they have to hop on one foot and not speak as they find the other two people who complete the picture-puzzle.

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### Posture

The children balance a box lid on their heads. They must walk a short distance, pick up a paper cup and put it in the box lid, walk a second direction, pick up another paper cup and put it in the box lid. The box lid must stay balanced on their head and the cups must stay upright! Can be done as a relay.

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### Hog Call

The children each choose a partner. The partners choose a set of words that go together like peanut and butter, foot and ball, ice and cream, corn and dog, etc. The children separate to opposite sides of the room, are blindfolded, and then try to find their partner only by calling out their word repeatedly.

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### Charades

The children each get an activity or word to act out. They cannot talk but must get the others to say what they are acting out.

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## I'm Going on Vacation

The leader says, "I'm going on vacation today because \_\_\_\_\_," some excuse beginning with A—like "...there's an alligator in my locker". The next person says, "I'm going on vacation today because \_\_\_\_\_" something with the letter B and so on.

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## Scavenger Hunt

Before you get together or go on a field trip, make a list of things the children will see. They should check off the items as they see or find them.

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