

CANADA TURNS 150
GAMES AND ACTIVITIES RESOURCE BOOK



Ice Breakers

1. 2 Truths and 1 Lie

Ages: 6 yrs+

of players required: 2 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Going around the circle, everyone says three things about themselves, two of which are true and one which is a lie
- The rest of the circle tries to guess which one is the lie.

2. Around the World

Ages: 8 yrs+

of players required: 3 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- The leader begins by saying the name of any country, city, river, ocean or mountain that can be found in an atlas.
- The person next to them must say another name that begins with the last letter of the place just given.
- No names can be repeated.

3. Bumpity-Bump-Bump

Ages: 6 yrs+

of players required: 4 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Have everyone stand in a circle with one person in the middle.
- The person in the middle points to someone and says "Left bumpity-bump-bump", "Right bumpity-bump-bump" or "Middle bumpity-bump-bump".
- The person pointed at must say the name of the corresponding person (on their left, right, or themselves) before the person in the middle finishes saying "bumpity-bump-bump". If they don't, they are in the middle.

4. Human Knot

Ages: 6 yrs+

of players required: 4 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Have everyone stand in a circle and grasp hands with two other people, who are not next to them.
- The group must try to unwind their arms without letting go of hands.

5. I Am Unique

Ages: 6 yrs+

of players required: 4 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Have everyone stand in a circle with one person in the middle.
- The person in the middle says "I am unique because..." with something that makes them unique.
- Anyone in the circle to whom that applies must find a new spot, while the person in the middle tries to steal a spot.
- The player left without a spot become the new person in the middle.

6. I've Got Your Number

Ages: 6 yrs+

of players required: 4 or more

Best Played: indoors or outdoors

Equipment needed: number pieces of paper, instructions on pieces of paper

Time needed: 5-10 minutes

Description and Rules:

- As kids arrive, each gets a number that they must wear in a conspicuous place on their clothes.
- Ahead of time, prepare lots of instructions on little slips of paper, then place them in a box. They should be things like: Borrow something from 1. Introduce 2 to 7. Have 6 get you a glass of water. Find out 12's middle name.
- When everyone has their number, kids each take a slip of paper with an instruction on it.
- When they have completed the instruction, they come back and get a new one.
- At the end of the time limit (five minutes or so), whoever has completed the most instructions wins.
- Make sure you make plenty of instructions.

7. Interview

Ages: 6 yrs+

of players required: 2 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 10-15 minutes

Description and Rules:

- Divide the group into pairs.
- Each pair takes 3 minutes to learn about each other and find out 3 facts about each person.
- Bring everyone back together and ask everyone to present the 3 facts about their partner to the rest of the group.

8. Line Up

Ages: 6 yrs+

of players required: 5 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Ask the group to line up according to some rule, but they can't speak.
- Rules: height, birthdays, shoe size, alphabetical by first name, alphabetical by last name, age, etc.

9. Movement Name Game

Ages: 6 yrs+

of players required: 3 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Have the whole group stand in a circle.
- The first person begins the circle rotation by loudly saying his/her name while at the same time doing a movement.
- The whole group repeats back the name and movement.
- The next student says her/his name and does a movement of his/her own.
- Again whole group repeats back her name and movement.
- This call and response continues around the circle until everyone has gotten a turn.

10.Silent and Serious

Ages: 6 yrs+

of players required: 4 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Have each student choose a partner.
- Instruct the students to stand back to back with their partner.
- On the count of three, everyone must face their partner, and keep a silent and serious face.
- Walk around as the inspector. The first person to smile or laugh must sit down.
- Have the remaining students take new partners, then repeat the exercise again.
- Keep going until there are only one or two pairs remaining.
- If at the end no one is breaking down, allow the class to act as hecklers to try and disrupt them.

11.Tall Stories

Ages: 6 yrs+

of players required: 3 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- The leader starts a story with a sentence that ends in SUDDENLY.
- The next person then has to add to the story with their own sentence that ends in SUDDENLY.
- Continue the story until everyone has contributed.

LOW ENERGY GAMES

(Little to no running, very little equipment is needed)

12.A What?

Ages: 5 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: 2 objects

Time needed: 5-10 minutes

Description and rules:

- One person starts the game by passing an object to the person on their right and saying, "This is a whit."
- The reply is, "A what?" The leader would then clarify, "A whit." This question sequence continues around the circle but the question "A what?" is passed all the way back to the beginning and back again.
- This game can be confused by adding an additional object called a Watt in the opposite direction.

Variation

- In this version, you have a circle of however many people, and the same number of monosyllabic items.
- One person, the leader, starts by choosing one object, let's say it is a spoon.
- He/she hands this object to the person on his right, and says: This is a spoon. The person replies: "A what?" Leader: "A Spoon." Person: "Oh, A spoon!"

13.Across the Great Divide

Ages: 9 yrs+

of players required: 6 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Line up the group side by side facing the same direction on the start line
- Instruct the players to position their feet so the outsides of their feet all touch
- Explain the following: "you are a group of people that have the opportunity to receive some land but to receive it you must prove you are worthy by showing that you can work together. To prove this you must walk to the other side while continuously touching each others feet"
- The group must move to the end line while keeping their feet touching.
- If anyone stops touching they must all start from the beginning

Tips:

- Best with older players. For younger players use other body parts (i.e.: arms not feet)
- Change the distance the group must travel to make it easier

14. Alien Attack

Ages: 9 yrs+

of players required: 6 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Stand in a circle.
- Someone has an imaginary alien that they throw at someone else.
- When the alien lands on your face, act as crazy as you want to act getting it off and throw it at someone else.
- Sound effects are encouraged

15. All Aboard

Ages: 6 yrs+

of players required: 3 or more

Best Played: indoors or outdoors

Equipment needed: hula hoops

Time needed: 5-10 minutes

Description and Rules:

- In this challenge, a team is asked to get everyone inside the hula hoop with no hand or feet touching outside the circle.
- Use varying sizes of hula hoops to adjust to your group size or to make it more challenging.

16. Animal Kingdom

Ages: 6 yrs+

of players required: 5 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Have players stand in a large circle, allowing some space between each person.
- One person in the middle will close his/her eyes and spin slowly. Everyone in the circle must move in a clockwise motion to a beat from one or more players.
- The player in the middle will call out "Animal Kingdom" to let the circle know it's time to stop moving. The player in the middle will then, with her/his eyes still closed, point to someone in the circle and ask to hear an animal. The player pointed at must, to the best of their ability, the sound of the animal.
- The player in the middle gets one guess to name which player is making the animal sound.
- Players who make the sound become the new person in the middle.

17. Are You?

Ages: 6 yrs+

of players required: 6 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Everyone closes their eyes, then the leader will choose one other person who will be referred to as a chosen word. After being chosen, that person will open their eyes while everyone else keeps theirs closed.
- Everyone will then stand up and start walking around. Every time someone bumps into someone else they must shake hands and one person will ask, "Are you (word that was chosen)?" If the other person responds they must say, "No I am not (word that was chosen)" and the two will walk away from each other.
- If a blindfolded person bumps into the non blindfolded person, the question is asked again and the two must shake hands, but the non blindfolded person cannot reply.
- Once this happens, the non-blind folded person takes the blindfold off the other person and they lock arms, both now being the word that was chosen.
- Now if any blindfolded person bumps into either of those two, then the action is repeated. The game ends when everyone loses their blindfolds and becomes a part of the chain.

18.Balls' Eye

Ages: 5 yr +

of players required: 1 or more

Best Played: outdoors by a wall

Equipment needed: ball and chalk

Time needed: 5-10 minutes

Description and Rules:

- Choose a large wall without windows
- Draw a bull's eye on the wall. Start with 3 circles and add more as you get better
- Write a number in each circle. (Draw big circles as this game is harder than it appears)
- Draw a line 5 steps away from the wall to be the shooter line
- Throw the ball at the wall. Remember what circle it hits. The ball must bounce at least once before you catch it. If you don't catch it before it bounces a second time, you don't get any points. If you do, then you get the number of points written in the circle you hit. Take turns.
- Whoever gets to 50 points first wins

19.Beaver Tails

Ages: 10 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- Participants lay on their stomachs in a circle with their arms overlapping the person on either side of them
- The first person starts and slaps one of their hands on the ground the hand that is counter clockwise is next
- The next person must react quickly or they will be out
- To change direction of the slapping a person would slap the ground twice quickly
- If a person gets mixed up or slaps at the wrong time, they move out of the circle
- To make it harder try slapping a fist on the floor which causes a hand to be skipped

20.Black Magic

Ages: 5 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- Within a group, two people claim that they can read minds.
- One of those people will leave the group to a place where they cannot see or hear the group.
- In their absence, the group will select an object in the room for the person to psychically identify. (This object can be absolute anything from the cabin door or window to a clip in a campers hair)
- The group will call for the person to return and the other person that knows of the trick will begin questioning the person as to what the object is.
- The person who left knows what it was because it comes AFTER a black item. Hence "Black Magic"

21.Bonk

Ages: 7 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- Each participant picks an animal that they want to be and an action that goes with that animal
- One person starts in the middle. The first person in the circle does their action and then someone else's action.
- They have to do this quickly, so that the person in the middle does not have time to bonk them on the head.
- If they aren't fast enough, they become the person in the middle.
- Generally a newspaper is used. Try and make the material as soft as possible and stress how hard/light the kids are allowed to bonk the other kids

22.Buzz

Ages: 7 yrs +

of players required: 3 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- The leader picks a digit to "BUZZ," letting the group know the digit.
- Around a circle, each kid counts off, remembering to "BUZZ" if the chosen digit is in the number, or for more of a challenge they buzz any number that can be divided by that number.
- Go around the circle counting and BUZZING to 100. I.E. if the number is 7. It then goes 1,2,3,4,5,6, BUZZ, 8,9,10,11,12,13,Buzz,15,16,Buzz, 18,19,20,Buzz,22 etc...

23. Camping Trip

Ages: 6 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- This is a mind challenge for the kids. One leader starts and says “My name is and I’m going on a camping trip and I’m going to bring a”
- Generally you start off by using something that starts with the same letter as your first name. Then the next person in the circle goes and you see how many of the kids understand what the trick is.
- If you have a group of kids that have figured out the trick, you can always change which letter of your name that you use, etc, so that they have to figure out the new trick.

24. Catch a Story

Ages: 7 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: ball

Time needed: 5-10 minutes

Description and rules:

- Have a ball or a beanbag. Begin a story. Throw it to the person who must continue the story.
- A variation on this is “fortunately, unfortunately”. Each person must add a sentence, changing the sentence of the main character.
 - Ex) Unfortunately the plane’s engines failed. Fortunately the pilot had a parachute. Unfortunately the parachute would not open. Fortunately there was a haystack underneath. Etc.

25. Catch and Clap

Ages: 6 yrs +

of players required: 3 or more

Best Played: indoors/outdoors

Equipment Needed: soft ball or bean bag

Time needed: 5-10 minutes

Description and rules:

- Players stand in a circle.
- Toss a bean bag or easy-to-catch ball back and forth around the circle. Let players know that it is the thrower’s responsibility to allow the catcher to catch it!
- Once a rhythm is established, introduce a “clap” every time the ball is in the air. All other players must clap in unison while the ball is in the air.
- Play until there is a nice rhythm and flow!

26. Catch the Compliment

Ages: 6 yrs +

of players required: 3 or more

Best Played: indoors/outdoors

Equipment Needed: soft ball
Time needed: 5-10 minutes

Description and rules:

- In a large, open area gather the players into a circle.
- Players take turns tossing one ball to different players in the circle. As each toss is made, the tossing player gives the receiving player a compliment.
- The receiving player thanks the tossing player, then tosses the ball to someone else, giving a compliment as the ball is tossed.
- If desired, gradually add more balls as play continues. This will increase the pace and the level of challenge to players as they try to think of compliments to give.

27.Categories

Ages: 7 yrs +
of players required: 4 or more
Best Played: indoors
Equipment Needed: none
Time needed: 5-10 minutes

Description and rules:

- In a sitting circle, lead all players in slapping their thighs to a rhythm.
- Next, name a category such as: colors; fruit; types of cars; words that start with 'b'; etc.
- One at a time, going around the circle, each person must come up with something that fits the category and say it in rhythm.
- If a person stumbles or duplicates another player's answer, he must offer a new category and start again.

28.Caterpillar Traverse

Ages: 7 yrs +
of players required: 6 or more
Best Played: indoors
Equipment Needed: painter's tape
Time needed: 5-10 minutes

Description and rules:

- Use tape to make two start lines on either side of the play area. Make at least three staggered squares between the lines.
- Split kids into two teams. Have each team line up shoulder to shoulder, with their feet touching the feet of the person on either side of them. Tape the toes of their feet together so that each person is attached to the person next to them in a line.
- The goal is to get both teams across to the other side. Players can only step inside the squares.
- Players must work together to move their team across the playing area. At some point, the teams will cross paths and have to share squares.

29.Change the Action

Ages: 7 yrs +

of players required: 4 or more

Best Played: indoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- The pupils must copy your PREVIOUS action every time you shout change, so:
- Teacher claps hands. Pupils sit still.
- Teacher shouts CHANGE and begins to pat her knees. Pupils begin to clap their hands.
- Teacher shouts CHANGE again and begins to click her fingers. Pupils now pat their knees.
- This is a good concentration builder.

30.Concentration

Ages: 10 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- One person is picked to leave the playing area.
- Another person is chosen by the leaders to be the person to create the patterns.
- They start a pattern of clapping, patting their legs, head etc. which everyone else must copy.
- The person outside of the playing area has to come back and figure out who the leader is.
- They have three guesses to figure it out who the leader is

31.Doggie Doggie

Ages: 4 yrs+

of players required: 6 or more

Best Played: indoors or outdoors

Equipment ne Time needed: 5-10 minutes

eded: a "bone" (bean bag)

Description and rules:

- Everyone is sitting in a circle
- One person leaves and turns their back on the circle while the circle decides who will hide the "bone" (bean bag) by sitting on it
- Once hidden the group will chant: "doggie, doggie where's your bone? Somebody stole it from your home. Guess who? Maybe you. Maybe the monkey from the zoo"
- The "doggie" will return to the middle of the circle and has three guesses to find the "bone"
- Who ever had the "bone" is the new "doggie" and the old "doggie" chooses who will hide the "bone" next

32.Down, Down, Down

Ages: 5 yrs+

of players required: 4 or more

Best Played: indoors or outdoors
 Equipment needed: a ball
 Time needed: 5-10 minutes

Description and rules:

- Start off with a ball and throw the ball continuously back and forth until somebody drops the ball.
- When someone drops the ball you say "Down on one knee" and the person has to continue catching and throwing from one knee.
- If the same person drops it a second time then you say "Down on two knees" and the person has to continue catching and throwing from both knee.
- If the same person drops the ball again you say "Down on one elbow" and the person has to continue catching and throwing with one elbow on the ground.
- If the same person drops the ball again you say "down on two elbows" and the person has to continue catching and throwing with both elbows on the ground.

33.Dracula

Ages: 5 yrs +
 # of players required: 4 or more
 Best Played: indoors
 Equipment Needed: none
 Time needed: 5-10 minutes

Description and rules:

- A child is Dracula, they say a victim's name and start to walk towards them
- The victim must say another name to change the victim, and Dracula changes direction towards the new victim
- If a victim is caught, they become Dracula.

34.Elephant Soccer

Ages: 5 yrs+
 # of players required: 4 or more
 Best Played: indoors or outdoors
 Equipment needed: a ball
 Time needed: 5-10 minutes

Description and rules:

- Everyone stands in a circle, with their at feet least shoulder width apart and touching
- In this circle, each person clasps (holds their own hand) which becomes their "elephant trunk" They can only hit the ball with their "elephant trunk" and their goal is to keep the ball moving while trying to score by hitting the ball between someone else's legs.
- If the ball goes between their legs they lose an arm (it goes behind their back).
- If the ball goes through their legs a second time, they must turn around.
- If it goes through a third time, they lose an arm while backwards.
- If it goes through a fourth time, they become a black hole. If a player hits a ball through their legs, that player loses an arm (or turns around, etc.).
- An alternative version had no loss of arms, but has them turning back and forth ever time the ball goes through their legs. Another alternate version lets players win back their arms by hitting the ball through someone else's legs.

35.Four Square

Ages: 8 yr +

of players required: 4

Best Played: outdoors by a wall

Equipment needed: rubber/tennis ball and chalk

Time needed: 5-10 minutes

Description and Rules:

- Draw a square 2meters long on each side and divide into four squares.
- Each player picks a square and stands with feet straddling the outside corner.
- One player begins by gently bouncing the ball into another player's square. This player must return the ball to one of the other players' squares using a flat, open hand as though it were a table tennis paddle.
- Each player starts with 10 points. When a ball bounces into a player's square, he must hit it into another's player's square after one bounce. If the ball bounces twice before he hits it, he loses a point.
- Players who lose all of their points are out of the game. The remaining players continue to play, if by chance a player returns the ball into the square of a player who is already out of the game, he loses a point. The game ends when only one player remains.

36.Fruit Basket

Ages: 7 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- Each person chooses a fruit or vegetable (with no repeats!). One person is in the center, without a fruit or vegetable name. The one in the center has to say a fruit three times before the person who has claimed that fruit says it once (i.e., center must say "orange, orange, orange" before the one who picked orange says "orange").
- If the center wins, they switch spots, and former center is now "orange", and former orange is now center, with no fruit or vegetable at all.
- When the new center gets someone out, they take that fruit name, and that person is now in the center. They have to stay on their toes and listen to when the center is saying their fruit, or they'll be in the center quite a bit!
- Variation: use names, but don't forget that center is nameless, and takes the name of the person he/she got first!
- **Don't forget that they can only say their fruit when the person in the center is saying it. (and they can only call out their own fruit as well!) ***Longer fruits are harder to get out, i.e. pomegranate or alligator fruit

37.Handshake Elimination

Ages: 7 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- One child is selected as the eliminator.
- All the participants walk around shaking each other's hands. The eliminator squeezes the other kid's hand. That child then waits to shake two more people's hands before they faint. The detective who is walking around and watching has to guess who the eliminator is. The number of guesses they get depends on the number of players in the game

Variation:

Wink Elimination

- Instead of handshakes people are walking around the person who is it begins to eliminate people by making eye contact with people and winking at them.

38.Hopi Kick Ball

(From the Hopi Indians of the Southwestern United States)

Ages: 7 yrs +

of players required: 8 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 10-15 minutes

Description and rules:

- Divide the group into two teams each representing one of the sacred shrines called Kivas.
- Using a medium sized ball for each team, the teams run as fast as they can, passing the ball to one another. The team that gets the ball to the finish line first wins

39.Hula Crossing

Ages: 6 yrs+

of players required: 4 or more

Best Played: indoors or outdoors

Equipment needed: hula hoops

Time needed: 5-10 minutes

Description and Rules:

- Similar to a river crossing or junk yard-type challenge, you can use different-sized hula hoops to set up an exercise to move a team from one point to another.
- To increase the difficulty, use smaller (and fewer) hoops, or make it so that all team members need to hold hands in a line that can't break.

40.Kitty Wants a Corner

Ages: 5 yrs +

of players required: 6 or more

Best Played: indoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- All players in a circle with one person in the middle.
- The person in the middle walks up to a person in the circle and says "kitty wants a corner." The person to whom they are talking replies, "go ask my neighbour."

- Meanwhile, other players in the circle try to make eye contact with another player and silently agree to switch spots. They switch spots as quickly as possible—but the kitty in the middle can grab one of their spots if they are not careful!
- If that happens, the person left without a spot becomes the new kitty.

41.Mirror, Mirror

Ages: 6 yrs+

of players required: 2 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Children try to mimic each other's body positions as if they are looking in a mirror!

42.Nose and Ear

Ages: 6 yrs +

of players required: 6 or more

Best Played: indoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- Everyone sits in a circle. One person is chosen to be the chief.
- The chief starts play by making an action to the person on their right. This can be making a funny face, a light poke, lightly tugging their ear, etc.
- The player repeats the action to the person on their right, passing it around the circle until it returns to the chief, who may start another action.
- Players who laugh, giggle, or make any kind of noise are out of the game.
- The winner is the person who shows the most control.

43.Observation

Ages: 4 yrs+

of players required: 2 or more

Best Played: indoors or outdoors

Equipment needed: None

Time needed: 5-10 minutes

Description and rules:

- In groups of two, have each person go back to back
- Give ten seconds to have each person change one physical thing about their appearance that someone can notice without touching them (i.e.: roll up pant leg, untie shoe, change their watch from one side to the other, etc.)
- After ten seconds have them face each other and look for what is different

Tips:

- To play as a large group have one person leave the group and change several things about their appearance
- When they return they let the group know how many changes have been made and they need to find them all to end the round

44. One Minute Please!

Ages: 8 yrs+

of players required: 2 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- The aim of the game is to talk for one minute on a random given subject.
- Use a pack of cards to randomly select i.e. person who draws the lowest number.
- Choose subjects to stimulate the imagination and which may be amusing.
- Put a stopwatch on each person to see how long they last before drying up!
- Subjects might include, my earliest memories, my favourite computer game, why beans are good for you, 10 things you can do with potatoes, Alligator wrestling

45. Pass the Clap

Ages: 8 yrs+

of players required: 5 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Have students form a standing circle.
- Choose a starting point and have one person turn to the next person and have them both clap at the same time.
- The second student then turns to the next person and they clap at the same time.
- Key to success is eye contact, and watching each other's hands in the beginning. If the game gets sloppy, ask students to slow down.
- Once the game is going smoothly, tell students that they may reverse the clap by remaining focused on the player who passed the clap, and clapping again.
- Another clap may also be introduced at another point in the circle so that there are two claps traveling around the circle.

46. People to People

Ages: 6 yrs+

of players required: 5 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Everyone stands in a circle with one person in the center. The person in the center yells, "people to people" and claps their hands together after each time they say people and then say 2 body parts.
- Then everyone including that person must try to find a partner and have a head touching a foot, whoever doesn't find a partner is then in the center.

47. Queen's Court

Ages: 7 yrs+

of players required: 6 or more

Best Played: indoors

Equipment needed: None

Time needed: 15 minutes

Description and rules:

- Everyone sits in a circle
- One person is the "queen" with the person to their right their "best friend" and the person to their left, their "worst enemy"
- In the circle the royal subjects are asking the "queen" by raising their hand & asking "queen queen, may I speak?"
- If the queen allows them to speak they must complement the Queen (i.e: you have lovely shoes, etc.) and then proceed to tell a silly story like, "I saw Jeff picking strawberries from your royal garden" while being extremely polite.
- To which the queen will allow Jeff to defend himself & the queen decides who is guilty and "punish" them by getting them to do a silly task (i.e. two jumping jacks, sing a song, etc.)
- Mean while the worst enemy is passing on the word REBELLION around the circle to reach the best friend to throw the Queen out of her power
- If the queen see's someone passing REBELLION then it starts over with the worst enemy

48. Rock Paper Scissors

Ages: 5 yrs +

of players required: 2 or more

Best Played: indoors/outdoors

Equipment Needed: None

Time needed: 5-10 minutes

Description and rules:

- This game is a simple hand game with many games using it
- To play you find a partner and make a fist
- You count to three and on three you make the shape of a rock paper or scissors
- Rock crushes scissors (making rock the winner), scissors cut paper (making scissors the winner) and paper covers rock (making paper the winner)

Variations of Rock Paper Scissors:

Rock Paper Scissors tag:

- You find someone and play rock paper scissors. You lose, you sit

Evolution:

- Everyone starts as an "amoeba" walking around saying "amoeba, amoeba, amoeba" while opening and closing their hands up by their head
- They find another amoeba and play rock paper scissors
- The winner moves up the ladder becoming a "chicken" while other remains an "amoeba"
- The ladder is "amoeba" to "chicken" to "alligator" to "monkey" to human"
- You win you go up the ladder one, you lose you go down the ladder one

2-3 Player

- One person acts as the changer, whom the other two players must beat with their symbols
- On the count of three, each person "throws" a symbol with their hands
- Winner is determined by the changer according to the order of dominance of the symbols

- Points are given to the winners. A limit of points can be set in order for a winner to be declared

Team Game

- Divide a playing area in half. Have the center line and the two end lines clearly marked.
- Each team decided beforehand which symbol they will use and then go to line up along the center line
- Leader will count 1, 2, 3, and on 3 the teams must throw its symbol. The team which has the winning symbol must chase the other team
- A tagged player must join the other team

Amoeba

- All the participants start out as amoeba.
- They walk around and when they find someone who is also an amoeba, they play rock paper scissors. (Participants say amoeba repeated as they walk around)
- The player who wins then becomes a chicken, and the player who loses stays an amoeba. The progression if they keep winning is dinosaur, then superhero, then mega superhero.
- Once at mega superhero if they lose, they go back to an amoeba. However once they are a mega superhero they have to beat all of the Masters. The Masters are the leaders. If they succeed at beating all the Masters, they become a Master as well.

49.Sardines

Ages: 7 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 10-15 minutes

Description and rules:

- A variation of hide and seek where one person hides. The other participants try and find them and instead of yelling when they find the person, they hide with the person. The game continues until the last person finds them. The first person to find the person hiding gets to hide in the next round

50.Scream Machine

Ages: 6 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- Everyone stands in a tight circle, with their heads down looking at their shoes.
- When "Heads Up" is called, everyone looks up and stares at someone in the circle.
- If that person is staring right back at you, scream really loudly and jump back out of the circle.
- If the person you're looking at is not looking back at you, put your head down and wait for the next round.
- Keep going until there are two players left.

51. Seven Up (with a Ball)

Ages: 8 yr +

of players required: any number

Best Played: outdoors by a wall

Equipment needed: one medium sized ball

Time needed: 5-10 minutes

Description and Rules:

- Draw a line about 1.5 meters from the wall and players form a line behind it. The object of this game is to complete all seven levels without making a mistake.
- First player attempts onesies then goes to the back of the line. If each player successfully completes the level then every player will attempt twosies and so on. If a level is missed, that player keeps trying to get that level until they are successful then they move on
 - Onesies: throw ball against wall, catch without a bounce
 - Twosies: throw ball, bounce once and catch
 - Threesies: throw ball, clap once and catch without a bounce
 - Foursies: throw ball, spin around, and catch after one bounce. Repeat 3 times, alternating direction of spin
 - Fivesies: throw ball, clap twice behind back, catch without a bounce. Repeat 4 times
 - Sixes: throw ball, touch the ground, and catch after first bounce. Repeat 2 times
 - Sevens: throw ball, clap once in front, once in back, catch without bounce. Repeat 6 times
- If all levels are completed, take one large step back and begin again

52. Seven Up, Heads Up

Ages: 5 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- To start you pick 7 participants to be it. The rest of the group sits or lays down, covering their eyes and placing the thumb of one of their hands up.
- The 7 people that are it each pick one person to touch that person's thumb. Once a person is touched, they put their thumb down.
- Once all of the 7 people have picked a person they tell everyone to open their eyes and the people that were picked to stand up.
- They have to try and guess who picked them. If they guess right, they switch places with that person. If they guess wrong they just sit down

53. Shark Attack

Ages: 6 yrs+

of players required: 6 or more

Best Played: indoors or outdoors

Equipment needed: parachute

Time needed: 5-10 minutes

Description and Rules:

- Everyone sits on the ground around the parachute, with their legs stretched out underneath the chute, and holding the edge lightly in their hands.
- One person is chosen to be the “shark” and crawls underneath the parachute.
- The people on the outside start gently making waves with the parachute, and the shark pulls somebody underneath by their feet. The “victim” lets out a loud scream and disappears underneath the parachute.
- There are now two sharks, and they set about pulling people under, one by one. Each new victim screams loudly, then disappears and becomes a shark themselves until there is nobody left on the outside of the parachute

54. Silent Ball at the Museum

Ages: 5 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: ball

Time needed: 5-10 minutes

Description and rules:

- As the name indicates, this game is a combination of Night at the Museum/Janitor and Silent Ball
- Elements from both games apply:
- Silent Ball: players must remain completely silent while passing a ball around the room.
- Night at the Museum/Janitor: when the Night Guard/Janitor is looking at you, you must remain frozen. When their back is turned, you are free to move around.
- Ways for players to get out: moving while the Night Guard is looking at them, making any kind of noise, making a bad pass or dropping the ball.
- If the ball is thrown from a student who is behind the Night Guard’s back to a player in front of the Night Guard, that player may move to catch the ball without being called out. However, once they have caught the ball they must remain frozen until the Night Guard looks away from them.

55. Skinning the Snake

Ages: 7 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- The children all must line up in a single file line holding on to the waist of the child in front of them.

- When the leader says go the child at the very end of the line must try and catch the person at the front of the line.
- When they are successful they get to move to the front of the line

56.Snausages

Ages: 5 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- The group starts in a circle with one person in the middle.
- This person tries to get others to laugh by saying "Snausages." The person on the outside must respond without smiling or laughing saying "Snausages."
- The person in the middle can do various things, without touching anyone, to get another person to smile. If the person does smile then they will become the center person.

57.Splat

Ages: 6 yrs +

of players required: any

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- All stand in a circle, one person is nominated as "splatter" and stands in the middle. The person in the middle then randomly points at someone and shouts "Splat!"
- The person they pointed at must duck, then the two people either side of the one who ducked must "splat" each other, by pointing the other and yelling, "Splat!"
- The last one to do so is out; this continues until there are only 2 active people left in the circle. When you are out, you stay in the circle, but do not play. This is part of the challenge for the remaining players.
- Once you are down to 2 people remaining active in the circle they stand back to back western style, then the person who was in the middle counts from 1 - 20. With each number the 2 remaining competitors must take a step away from one another, and at any random point between 1 & 20 the counter shouts splat instead of a number, at which point it's a quick draw on each other and the last one to point at their opponent and say splat is out leaving a winner.

58.Stand up

Ages: 8 yrs +

of players required: any even number

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- Form partners and sit on the ground back to back. Hook elbows with your partner, bend your knees and try to stand up.

- Try switching partners or adding three or more people. See how many people you can stand up in one group.

59.Stella-ala-ola

Ages: 6 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- The participants sit in a circle with their right hand on top of the person to their right's hand and their left hand under the person's to their left's hand.
- One person starts by clapping the person to their left's hand with their right hand.
- As the clapping is going on they sing " Stella ala ola clap clap clap, singing s tgo tgo tgo tgo tap tap, s tgo tgo, volo, volo volova lova lova... 1, 2, 3, 4, 5, 6, 7, 8, 9, 10..."
- Once it reaches ten the person who would normally get tapped tries to move their hand away before they have their hand clapped. If they get it away in time they remain in the game and the person who missed their hand is out

60.Team Tag

Ages: 6 yrs+

of players required: 3 or more

Best Played: indoors or outdoors

Equipment needed: hula hoops

Time needed: 5-10 minutes

Description and Rules:

- Groups must stand in a hula hoop and try to move together to tag people.
- Alternative: The person who is It holds onto a hula hoop and when they tag someone, that person also has to hold on.

61.Telephone

Ages: 6 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- The group sits in a circle and the leader chooses one person to start a message
- The group then has to pass the message to the person next to them and try and get the message all the way around the circle without the message changing.

62.Touch Blue

Ages: 3 yrs+

of players required: 4 or more

Best Played: indoors or outdoors

Equipment needed: None

Time needed: 5-10 minutes

Description and rules:

- One person is the caller
- The caller will call a color and a body part
- Each person needs to find that color on another person and touch it with that body part (i.e.: blue knee find someone wearing blue and touch it with their knee)
- This continues, with the partners stop touching the previously called color and body part to touch the new color and body part

Tips:

- Be cautious of people's comfort level, some may not like touching others
- Great for younger children to learn body parts

63.Watermelon

Ages: 10 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- A variation of graveyard where all participants lay on the ground. The keeper of the area must go around asking the other kids questions. The only answer they can reply with is watermelon. If they smile, laugh or move they are up and help the keeper get all the other kids to smile. Make sure to be clear with what language is appropriate for the game and that they can not touch any of the participants

64.Walking Statues

Ages: 5 yrs+

of players required: 7 or more

Best Played: indoors or outdoors

Equipment needed: pylons

Time needed: 10-15 minutes

Description and rules:

- Use pylons to create boundaries
- Divide the group into two, each team starts on either end
- One person is in the middle
- The goal is to reach the middle first but you can only move when the middle person is facing the other team
- If you are caught moving you must start from the beginning
- First person to touch the middle person wins!! And becomes the new middle

Alternatives:

- Another version has the middle person as the “museum guard” walking around “statues” in silly poses who can only move when the “guard” is not looking; if the “guard” sees them moving they are out and need to sit down

65. Werewolf (or Assassin or Mafia)

Ages: 10 yrs+

of players required: 7 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Players sit in a circle and close their eyes. The moderator (usually a leader at first) goes around and silently picks:
 - 1 Guardian Angel
 - 1 or 2 Werewolves
 - 1 Hunter
 - Everyone else are the townspeople
- In a nutshell:
 - The two werewolves objective is to work together to turn all the townspeople (including the guardian angel & hunter)
 - The townspeople's objective is to vote out both the assassins
- The game starts with the moderator telling everyone to close their eyes.
- Once all eyes are closed, the moderator asks the Werewolves to open their eyes. Given it's the first turn, each Werewolf will discover their fellow Werewolf who they will be working with. The moderator asks the two Werewolves who they wish to turn. They silently agree (by pointing to someone) who to turn that turn. Once they have selected someone, the moderator thanks them and asks them to close their eyes.
- The moderator then asks the Guardian Angel to open their eyes. They can then choose someone to 'save' (more on what this means later). Once they have selected someone to save, the moderator asks them to close their eyes.
- Finally the moderator asks the Hunter to open his/her eyes, and select someone to accuse (of being an Werewolf). The policeman then closes their eyes.
- That's the end of the first round, and the moderator then asks everyone to open their eyes.
- The moderator announces to the group who was turned during the night. The person who has been turned takes no further part in the game. It is essential they are not allowed to talk. (Note that if the person the Werewolves selected to be turned was also the one selected by the Guardian Angel, the moderator only reveals there was a failed turning attempt (and doesn't give any further information) so the person remains alive).
- The moderator then announces who was accused. After a few minutes of discussion, the group must vote on if that person is innocent or guilty. If they are innocent, the game continues into the next round. If they are guilty, they are banished from the town and take no further part in the game.
- Given the roles have been handed out in secret, the early rounds are often full of speculation, people justifying their innocence, or explaining their suspicions. And as the game progresses, lies, deception and strategy creep in.
- The game continues on this cycle, with everyone closing their eyes, the Werewolves again selecting someone to turn, the Guardian Angel selecting someone to save, the Hunter someone to accuse, the moderator announcing who was turned, then voting again. If one of the two Werewolves is voted out, the game still continues with one Werewolf.
- The game ends either when (a) all the townspeople are killed (and therefore the Werewolves win) or (b) when all Werewolves have been voted out (and the townspeople win)

66.Wink Murder

Ages: 6 yrs+

of players required: 5 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Ask the group to sit in a circle.
- Choose one person to be the murderer by having everyone close their eyes and tapping someone on the head.
- Choose one person to be the detective by tapping them twice on the head.
- The game begins quietly with players sitting looking at each other. When someone catches the eye of the killer and is winked at, they are killed, and can die in any manner they choose. Some prefer to die quietly with a whimper, some opt for the blood curdling scream technique, while others might fall off their seat and lie prone on the floor.
- The detective stands in the middle of the circle and tries to identify the murderer before everyone dies.

Alternatives

- Lizard Murder: stick out tongue instead of winking
- Handshake murder: walk around shaking hands and the murderer squeezes instead

67.Zip, Zap, Pop

Ages: 6 yrs+

of players required: 5 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Have the group stand in a circle. Explain the three different actions, 'Zip', 'Zap', and 'Pop':
 - Zip: placing a hand on top of the head with the fingers pointing at the person on either side.
 - Zap: putting the hand below the chin (at the player's shoulder).
 - Pop: pointing with two hands palms together to anyone in the circle, who then passes a Zip to someone else around circle.
- The actions must always come in the same order, Zip, Zap, then Pop.
- The leader starts with a 'Zip' and passes it to the person either to their left or right.
- It is up to the person who receives it which direction to pass it, and they do a 'Zap'.
- The next person must 'Pop' it, sending it to someone across the circle.
- 'Zip' and 'Zap' can be sent in either direction.
- If person hesitates they are out and can go around the outside of the circle heckling the group, saying the words Zip, Zap, Pop in people's ears, trying to distract them.

MEDIUM ENERGY GAMES

(More energy is required, running is involved, usually equipment is required)

68. Animal Musical Chairs

Ages: 3 yrs+

of players required: 6 or more

Best Played: indoors or outdoors

Equipment needed: chairs (1 less than # of players), music

Time needed: 5-10 minutes

Description and Rules:

- Arrange chairs in a circle, facing outwards.
- Play the first round the regular way, with everyone trying to find a seat when the music stops. The player who doesn't find a seat is out.
- Ask the player what their favourite animal is, how it moves, and what it sounds like. This is how the remaining players must move around the chairs for the next round.
- Do this with each player who is out.

69. Blinzlis (Blintz-lis)

Ages: 6 yrs+

of players required: 6 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- This is a game from Switzerland. Blinzlis means "batting the eyes".
- The players stand in two circles, an inner and an outer one, with all facing the center of the circles.
- One player stands in the center and bats eyes at one of the inside circle players. This is the signal for that inside circle player to run to the center player.
- Each player in the outside circle has to be careful that his or her partner does not run away by tagging them before they can reach the centre.
- A player not paying enough attention and letting the partner succeed in running toward the center must stand in the center and bat his or her eyes at some other player, thus trying to regain a partner.
- The game is over when no one has a partner left.

70. Bumper Ball

Ages: 3 yrs+

of players required: 6 or more

Best Played: indoors or outdoors

Equipment needed: balls or passable objects

Time needed: 5-10 minutes

Description and Rules:

- Have the group sitting in a circle. Have one ball to start and roll it to someone on the other side of the circle
- They will roll it to someone else and so on
- Gradually add more balls trying not to bump other balls

Alternatives

- To make it harder have the players pass in a certain order
- To make it easier have players pass to their neighbor in the circle
- Add another ball after the group has been able to pass the first ball well and have improved in speed
- This game can also be played standing with players passing the ball with their hands (like a basket ball) or with their feet (like in soccer)
- Good for learning names, having them call the name of the person they are passing to before they pass
- To make it silly have different objects to pass with your hands, such as bean bags, stuffed toys, tiny balls

71. Bump

Ages: 3 yrs+

of players required: 4 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Have everyone get into partners and lay side by side on the ground. Next choose one or more of the pairs of partners to be “it”.
- With the “it” pair one will have to chase the other. The one that is being chased can run around between all the partners, when they get tired they can lie beside someone.
- Once they lay beside someone, the person that they didn’t lay beside is “bumped” out and now they are being chased.
- If the person doing the chasing tags the person that they are supposed to be chasing, then it switches and the chaser becomes the chatee.

72. Circle Stride Ball

Ages: 6 yrs+

of players required: 8-10

Best Played: indoors or outdoors

Equipment needed: medium sized ball

Time needed: 5-10 minutes

Description and Rules:

- Eight players form a circle with legs astride, touching the feet of the player beside them
- One player stands in the center of the circle and rolls the ball between the legs of the surrounding players
- Circle players may only stop the ball with their hands. If the ball goes out, the player who missed the ball changes places with the center person.

Variations:

- Use three balls or use only one hand to stop the ball

73. Captain's Coming

Ages: 6 yr +

of players required: 3 or more

Best Played: outdoors or indoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- One player is the Captain. S/he calls out orders to the rest of the crew.
- If a player does not follow an order correctly, they are out.
- Orders:
 - To the ship: run to the captain's right
 - To the island: run to the captain's left
 - Hit the deck: lay down on your stomach
 - Attention on deck: salute and yell, "Aye, aye captain!" -- players may not move now until the captain gives the order of, "At ease!" (ie even if the captain gives a different order such as "to the ship" the crew must continue to remain at attention until told "at ease")
 - Three men in a boat: the crew must form groups of three and sing "Row, row, row your boat" Anybody who is not in a group of three is out.
 - The love boat: crew members grab a partner and dance. Anybody without a partner is out.
 - Clear the deck: everyone must have their feet up off the floor
 - Scrub the deck: everyone on their knees scrubbing
 - Captain's Quarters: everyone ran towards the captain.
 - Man-over-board: Players must find a partner as quickly as possible. One partner must lay on their stomach while the other places their foot on their partner's back. Children without a partner or pairs that are too slow are eliminated.
 - A Periscope: Every player falls on their back and sticks one leg in the air.
 - SHARK!!!!: Players must find a partner and grab onto them and scream. Those without a partner are out.
 - Crow's nest: All players must find a partner. The lightest player rides on their partner's back. Those without partners or who assemble the crow's nest too slowly are eliminated.
 - Three maids in a row: Children form groups of three and sit in a vertical row. The players who are the odd-man-out are eliminated.
 - Sick turtle: Everyone falls onto their backs and waves hands and feet in the air.
 - Bow: Run to the front of the boat
 - Stern: Run to the back
 - Port: Run to the left side of the boat
 - Starboard: Run to the right side of the boat.
 - Row the Boat: Each player finds a partner, sits face to face, holds hands, and pretends to row a boat. Players who can't find partners or who are too slow are eliminated.
- Use as many or as few commands as you want.
- To make the game less competitive, player do not get "out." Instead, if the captain notices that they do not follow an order, they must stand out for a count of 20

74. Cat and Mouse

Ages: 6 yr +

of players required: 6 or more

Best Played: outdoors or indoors

Equipment needed: parachute

Time needed: 5-10 minutes

Description and Rules:

- Choose one cat and one mouse, the mouse goes under the parachute and the cat goes on top.
- The mouse has to try to hide from the cat with the help of the people holding to the edges of the parachute (who shake it up and down) while the cat tries to pounce on the mouse.

75. Circle That Can

Ages: 6 yr +

of players required: 3 or more

Best Played: outdoors

Equipment needed: can and chalk

Time needed: 5-10 minutes

Description and Rules:

- Mark a dot on the ground. Stand on the dot and take 5 giant steps away from it. Draw a circle around the dot. Place the can on the dot
- Players stand on the chalk circle. One player is selected as judge for the first round
- The judge can choose two players and calls out their names. Each of these players tries to kick the can outside the circle before the other players does
- After a player kicks the can outside the circle, they must run outside of the circle without being tagged. Then he/she wins, Players can be tagged only after they kick the can
- The judge decides if the can is out and if a player has been tagged before crossing the line. The winner of one game becomes the judge of the next game. The judge makes sure everyone gets a chance to play

76. Do You...

Ages: 6 yrs+

of players required: 6 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Everyone is in a circle with one person in the middle
- The middle person will make a statement such as "do you like peanut butter"
- Then everyone who agrees with the statement or would answer "yes" will find a new spot in the circle (including the middle person)
- The person who does not find a spot is in the middle to ask a new question

Tips:

- Have bean bags or another object to mark peoples spots to prevent people from making up ones

Variation:

I Have Never

- The person in the middle calls out something they have never done. For Example "I have never been Sky Diving." The people who are sitting in the chairs who have DONE what this person has NEVER done must get up and switch seats. However, they cannot switch seats with the person sitting directly next to them.

77.Duck – Duck – Goose

Ages: 10 yrs +

of players required: 4 or more

Best Played: outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- Participant goes around in a circle tapping other kids on the head, saying duck.
- When he/she is ready they say goose and they race that person going in opposite directions around the circle back to the spot. If the person tapping wins, the other person becomes the tapper.
- If the person tapping loses, they remain going around the circle.

Variation:

Drip – Drip – Drop

- Great for a hot day. Played the same as Duck-duck-goose, but instead of touching the heads of those not picked they have a little bit of water from a cup dropped on their head. The person picked gets the rest of the cup poured on their head.

78.Elves, Giants, and Wizards

Ages: 5 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- Split group up into 2 teams, designate 2 safety zones, one on each side, and designate a middle area.
- Each team then gets in a huddle and picks what they want to be as a team, a giant, a wizard or an elf.
- Giants put their hands up over their heads, wizards put their hands out straight in front of them wiggling their fingers, and elves make pointy ears on their head with their pointer fingers.
- Once the teams have decided their thing to be, they come up to the center spot and line up face to face, then on a count of 3, everyone does whatever action their team picked.
- Giants beat elves, elves beat wizards and wizards beat giants, so the team that beats the winning team chases the other and tries to tag as many members on the other team as possible before they reach the safety zone. The members from the team that get tagged become a part of the other team

Fire on the Mountain

Have the group lay flat on their backs.

When you say "fire on the mountain" the group is to stand up as fast as possible. The last one up has to then sit out until the end, or do ten jumping jacks, push-ups, sit-ups etc...

When the group is on their back they are to lie perfectly still. If you say something other than mountain (Mickey mouse, Montana, Mazda etc...) and they flinch or begin get up then the sit out or they do the jumping jacks as well.

79.Flinch

Ages: 7 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: soft ball of medium size

Time needed: 5-10 minutes

Description and rules:

- One person (the flinch master) stands in the middle of a circle created by everyone else (group size is N/A). The people making up the circle should stand about 8-10 feet away from the flinch master.
- The flinch master tosses the ball, or sock or whatever to each person in the circle in no particular order. This is an elimination game, in order to get the people out the flinch master tries to get them to flinch by pump-faking a throw.
- The people in the circle stand with their arms crossed over their chest and are eliminated if they flinch when the ball is not thrown to them or if they drop the ball. The ball must be thrown underhand and people playing will determine if a dropped pass is a good throw or not. The last person standing becomes the new flinch master.

Non-competitive version:

- Make two games happen simultaneously. When one person is "out" in one circle they move to another. After a designated time, the flinch master is replaced

80.Four Corners

Ages: 3 yrs+

of players required: 6 or more

Best Played: indoors or outdoors

Equipment needed: 4 pylons or corners of a small room

Time needed: 5-10 minutes

Description and Rules:

- Create a square with the pylons
- Divide the children amongst the pylons and give each corner a number
- One person is "it" and closes their eyes from the middle of the square/room and starts to count to 10 during which everyone must find a new corner to stand in
- When the counting is finished everyone must be in a corner or they become part of the middle
- The middle person calls a number; everyone that is standing in the corner called comes to the middle
- This continues until everyone is part of the middle
- If the middle person calls a number and no one is in that corner, everyone in the middle is free
- Continue until there are 6 or 8 left, then you tell them there must be only 2 in each corner or, when 4 left, - one in each corner. The last person left - gets to be "it".

Tips:

- You can use four identified things instead of pylons
- Pick the number before you start to count (to prevent people being accused of cheating)

81.Frisbee Swat

Ages: 6 yrs+

of players required: 6 or more

Best Played: indoors or outdoors

Equipment needed: 2 pylons, 2 Frisbees, 2 chairs

Time needed: 5-10 minutes

Description and Rules:

- Set up a pylon on each chair, one at each end of the playing field
- Divide the children into two teams
- The goal is for each team to knock the other team's cone off the chair with a Frisbee
- No one is allowed to run with the Frisbee, only pass it
- Team members try to knock down the opponent's Frisbee with one hand, and catch their team's in the other

82.Hot Potato

Ages: 3 yrs+

of players required: 4 or more

Best Played: indoors or outdoors

Equipment needed: a ball, bean bag, or potato

Time needed: 5-10 minutes

Description and Rules:

- Everyone is in a circle
- Start by passing (handing, not throwing) the ball around the circle as fast as possible while singing the "hot potato" song (i.e.: one potato, two potato, three potato, four potato, five potato, six potato, seven potato, more, HOT POTATO!!!) On "HOT POTATO" whoever is holding the ball is out

Tips:

- To keep everyone playing, don't have people out rather have them do a jumping jack or run around the circle to join the game.
- Great for younger children to learn numbers and counting

Alternative:

- Have two balls, one is called the "bunny", the other the "farmer". The "bunny" starts first by being passed from player to player. Once the "bunny" is halfway around the circle, the "farmer" is passed in the same direction. The "farmer" is trying to catch the "bunny"

83.Human Pinball

Ages: 7 yrs +

of players required: 5 or more

Best Played: indoors

Equipment Needed: ball

Time needed: 5-10 minutes

Description and rules:

- One player is the target or Jackpot. The object of the game is to hit the target with the ball. The target can move freely around the area of play to avoid being hit.
- The other players are the flippers, the parts of the pinball game that hit the ball and keep it moving around the play area. They are trying to roll the ball into the target so that one of them can win and take his place.

- Have the target stand in the center of the area of play.
- Seat the flippers around the target in a circle. They need to sit, legs spread with their feet touching or very close to touching. Have them rest their elbows on their legs or on the floor. They will pivot their arms on their elbows and slap the ball toward the target.
- Once everyone is in position, count to three and roll the ball into play.
- Flippers may hit the ball with their hands or their arms. The balls must stay on the floor. The target will step and jump out of the way, but is not allowed to kick the ball.
- The first flipper to roll the ball into the target is the winner and gets to take a turn in the center of the area of play.

84.Indy Five Hundred

Ages: 4 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- The group should be sitting in a circle and numbered 1-4. Give each number a name of a car. (ex. 1's are Porches, 2's are Ferrari's... etc) The game leader calls a car name and those cars have to get up and run around the circle. The first person back to their spot wins. There is a twist to this game. The cars can have things wrong with them as the leader chooses. Some ideas are; FLAT TIRE (Hop around on one foot), RUN OUT OF GAS (Crab Walk), TURBO BOOST (run around), NO MUFFLER (noisy!)...etc

85.Jab-er-quackie

Ages: 8 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- Get the group in a circle.
Pick 1 person to be outside of the circle. Once the game starts they are to yell "Jab-er-quackie" as loud as they can over and over again to guide the people in the middle to them.
- Pick another person to be outside the circle. They are to yell "Jab-er-walkie" as loud as they can over and over to guide the people in the middle to them, to confuse them.
- Pick # [1-3 is usually good] to be in the middle. They must walk with their hands touching their feet [so bent over] and their eyes closed once the game starts.
- Pick an opening in the circle for the people in the middle to walk through, person one must direct them to the circle yelling "Jab-er-quackie" and person two must yell "Jab-er-walkie" to distract them.
Meanwhile, the rest of the circle is singing "Row Row Row Your Boat" at the top of their lungs to mix everything up and oh, "whatta party!!!" GREAT GAME!

86.Kick the Can

Ages: 5 yrs+

of players required: 4 or more

Best Played: outdoors

Equipment needed: can and chalk

Time needed: 5-10 minutes

Description and Rules:

- Decide on the boundaries for the hiding area
- Make a dot with chalk. Stand on the dot. Take two giant steps out. Starting here, draw a circle around the dot.
- Place the can on the dot with the circle around it
- Choose one person to be it and someone else to be the kicker
- It stands beside the can. The players stand on the rim of the circle. It yells "GO". The kicker runs into the circle and kicks the can as far as possible outside of the circle.
- As soon as the can has been kicked, all other players run and try to hide.
- The one person who was chosen to be it must then retrieve the can and place it back on its starting point. As soon as it replaces the can on the dot, they yell "FREEZE"
- All the players must stop exactly where they are. It calls out names of the players they see. These captured players must come sit inside the circle. Unseen players can now continue to search for a hiding spot.
- It searches for the missing players and tags them when they find them. Once tagged, these players must sit in the circle too.
- If a player can rush in without being caught and kick the can, all who are held as prisoners in the circle can run and hide within the space of time it takes for the one "it" to get the can back in place.
- The game is over when it captures all the players or when a player kicks the can when there are no captured players. The player yells "home free" and the game is over.
- One good ruling is that a person caught three times becomes "it", or if all are held prisoners, the first one caught becomes "it."

87. Kick the Can for the younger players

Ages: 5 – 6 yr

of players required: 2 or more

Best Played: outdoors

Equipment needed: can

Time needed: 5-10 minutes

Description and Rules:

- Place the can in the middle of the field. One player is it. He/she defends the can.
- The other players try to kick the can without being tagged by it. If "it" tags a player, that player becomes "it"
- The game is over when everyone is tired

88. Ladders

Ages: 5 yrs+

of players required: 6 or more

Best Played: indoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Two lines are formed, facing each other. Sit down, legs straight out, feet just touching.
- Each pair is numbered or given a name.
- When a name or number is called, the two jump up, run over the legs of the other pairs in one direction, then run outside until they get to the opposite end of the line and then continue to run over the legs of the other pairs until they get back to their original place in line.

- The first person back to their original position gets a point for their team.

Minefield

1. Spread balled up pieces of paper around the playing area.
2. Everyone pairs up. One partner will be the walker, one will be the guide.
3. The goal is for the guide to lead their walker (who has their eyes closed) to the other side of the minefield by talking.
4. Guides must stay at one end of the field, while the walkers try to get to the other end.
5. If the walker touches a piece of paper, they have to go back and start again.
6. The first pair to make it to the other side wins.
7. Switch who is the walker and who is the guide and try again!

89.Land, Sea, Air

Ages: 6 yrs+

of players required: any

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Have all players stand with both feet together and their toes behind the line.
- One leader will call out commands--*land, sea, or air*.
- Players' feet should always remain together.
- When leader says Air, players must jump into the air and land in the same place s/he started.
- When the leader says Land, players must place their toes behind the line. If they are already behind the line, they must not move their feet. If they are in front of the line, they must jump backward with both feet landing behind the line.
- When the leader says Sea, players must place their feet entirely in front of the line. If they are already in front of the line, they must not move their feet. If they are behind the line, they must jump forward with both feet landing entirely in front of the line.
- Players should always remain facing forward.
- If players make a mistake, they must run to a pre-identified location--such as another line--and touch it before returning to the game.

Para-Swap:

Everyone stands in a circle holding the edge of the parachute then I shout out a statement and all the people it applies to run under the parachute and change places with someone else.

Examples:

- Anyone wearing something blue
- Anyone who has a little brother
- Anyone who has a big sister
- anyone who has black hair
- anyone who has had school today
- anyone who is wearing black

90.Queens and Kings

Ages: 6 yrs+

of players required: any
 Best Played: indoors or outdoors
 Equipment needed: none
 Time needed: 5-10 minutes

Description and Rules:

- Choose one player to be queen (girl) or king (boy). The king or queen stands with his or her back to the other players and throws a ball backwards over-head
- The other players try to catch it. When a player catches it, everybody, including the person who caught the ball, puts their hands behind their backs
- Queen or king turns around and guesses who has the ball (three guesses). If the guess is correct, the player remains king or queen. If the guesses are wrong, the person who has the ball becomes king or queen.

91.Red light, green light

Ages: 2 yrs+
 # of players required: 4 or more
 Best Played: indoors or outdoors
 Equipment needed: none
 Time needed: 5-10 minutes

Description and Rules:

- One person is the “stop light” and stands on the end line
- Everyone else is standing on the start line facing the “stop light”
- The “stop light” has their back to everyone else
- When the “stop light” says “green light” they can walk
- At any point the “stop light” may say “red light” at which everyone will stop where they are and the “stop light” will turn around
- If the “stop light” catches anyone moving they must start over on the start line
- Play resumes when “green light” is called
- The first person to touch the “stop light” wins and becomes the “stop light” the next game

Tips:

- Add the yellow light (red light means stop, yellow light means move slowly and green light means go)
- Additional commands that can be added (i.e.: purple light which means jump, blue light means turn around, etc.)

Samurai Warrior

Description

1. Everyone stands in a circle around or in a line in front of one person with the Boffer (pool noodles are great!) far enough away as not to be hit.
2. The Samurai swings at the group, either high, at head level, or low at ankle level.
3. If he swings high, the group ducks.
4. If he swings low, the group jumps.
5. He is not actually supposed to hit the participants with the sword, but if someone jumps when they are supposed to duck or vice versa, they are “out” until the one left is the next Samurai.

ADAPTATIONS:

- 1) For a no loser's game, the person who does the wrong thing can become the Samurai
- 2) For no losers, have two circles and person who goes wrong, switches circles

92.Screamers:

Ages: 3 yrs+
 # of players required: 6 or more
 Best Played: indoors or outdoors
 Equipment needed: none
 Time needed: 5-10 minutes

Have the participants get into a line. Either one at a time, in partners, or in groups have the participants scream and run. The participants can keep running as long as they are still screaming. As soon as they can't scream anymore they have to sit down in the spot that they stopped. As an added challenge you can have them scream words based on the theme. For example if the theme was space they could yell out "nnnnnnneeeeepppppptttttuuuuuunnnnnneeeee"

93.Shafted

Ages: 3 yrs+
 # of players required: 12 or more
 Best Played: indoors or outdoors
 Equipment needed: none
 Time needed: 5-10 minutes

Description and Rules:

- One person is the caller
- The caller will call a number
- Each person will try to form a group the same size as the number
- When the caller calls "shafted" any one left over is out

Tips:

- To keep everyone playing, don't have people out
- Can add a rule, when a player calls "back to back: everyone needs to find a partner and link elbows back to back
- Great for younger children to learn numbers and counting

94.Simon Says

Ages: 6 yrs+
 # of players required: 3 or more
 Best Played: indoors or outdoors
 Equipment needed: none
 Time needed: 5-10 minutes

Description and Rules:

- One person is Simon and gives the children different instructions.

- These instructions are normally started with Simon says followed by an instruction like “Simon Says to touch your toes.” The participants must then complete the instruction.
- However Simon is trying to trick the children by giving them instructions that don’t start with Simon Says.
- If a child gets tricked they have to sit down.

Tips:

- Can be difficult for younger children, an alternative is “follow the leader”
- Being out is hard, don’t have anyone out, just point out mistakes
- You can make this more difficult by adding actions (jump, skip, clap in patterns)
- As well you can layer actions (i.e.: “Simon says hop” then you hop, “Simon says touch your head” you hop and touch your head.

95.Snakes in the Grass

Ages: 6 yrs+

of players required: 4 or more

Best Played: indoors or outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- One person is the snake (it) who begins by lying on their stomach on the ground.
- Everyone needs to start by touching the snake.
- When the snake calls “Snake in the grass” everyone runs away.
- The snake, moving on their belly, tries to tag as many people as possible.
- Those tagged become snakes.

96.Spud

Ages: 6 yrs+

of players required: 5 or more

Best Played: outdoors

Equipment needed: a ball

Time needed: 5-10 minutes

Description and Rules:

- Each participant gets a number.
- All the children have to have a hand on the leader to start. Number 1 throws the ball up and calls someone else’s number. The child whose number gets called must run to the ball and say freeze as quickly as possible while the other children are running as far as they can away before the person yells freeze.
- When the player yells freeze all other players must stop
- The person with the ball is allowed to take three steps in any direction then they throw the ball at someone (waist or below).
- The person getting thrown at must keep both feet on the ground but can duck.
- If the person gets hit, they get the letter S, if the person throwing misses they get an S. Once a player has spelled SPUD they are out of the game.

Alternative:

- Goal could be to spell SPUD; player throwing the ball gets a letter if only if they hit someone and they are the only one who can get letters
- With older groups, make the word longer

97. Steal the Bacon:

Ages: 6 yrs+

of players required: 8-10

Best Played: indoors or outdoors

Equipment needed: medium sized ball

Time needed: 5-10 minutes

- Split the group evenly into two groups and sit them with their backs turned towards the center line, approximately 20 feet apart.
- Assign numbers to each player on both sides from one to the final person.
- At the end, each team will have a number 1,2, etc. In the centre place a ball.
- When you call out a number, the goal is to be the first to reach the ball, and bring it back to your side without being tagged by the other person. If you make it back safely, your team scores a point.
- However, if you are tagged, the ball goes back in the middle and a new number is called. Remember: Tag, not push!

98. Tug – A – War

Ages: 5 yrs+

of players required: 6 or more

Best Played: indoors or outdoors

Equipment needed: pylons, tug –a – war rope, surveyors tape

Time needed: 5-10 minutes

Description and Rules:

- Have two teams of equal number face off
- Have the middle knot over a pylon as the starting point
- Have two pieces of surveyors tape tied on, one on either side of the middle knot
- Once the surveyors tape crosses the pylon that's the end and the team who has both pieces of surveyors tape on their side of the pylon wins!

Tips:

- For variety have different challenges and combinations of: one handed (right or left), sitting (must always have bottom on floor), backwards

99. What Time Is It Mr. Wolf?

Ages: 5 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- One person is picked to be the wolf and stands at the opposite end of the playing field with their back facing the rest of the group. The group asks the wolf, "What time is it Mr. Wolf?" and the wolf responds with 3 o'clock or some other time and they must take that amount of steps.
- When the group is close enough, the wolf responds with "lunch time" and chases the group back to their side. If someone gets caught before they make it to the other side, they become a wolf.

HIGH ENERGY GAMES

(Lots of running is involved, usually equipment is needed)

100. Aztec Ball Game (Ullamalitzli)

MATERIALS:

- Large open area
- Rubber ball
- Hula hoops

INSTRUCTIONS:

- Prop up two hula hoops, opposite from each other, so that they are on the long sides of the boundaries.
- Divide kids into two teams.
- Each team starts at the back of their side of the court, with one player from each team in the centre, facing each other.
- The ref tosses the ball in the air and play starts.
- Players can only hit the ball with their hips and upper legs.
- The object is to hit the ball through the hula hoop.
- First team to eight points wins! Losing team is sacrificed to the gods!

101. Belly Baseball

Ages: 10 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- The game is a mixture of both baseball and kickball.
- The pitcher rolls a utility ball to the kicker. After the ball is kicked, the kicker must run the bases as in baseball.
- However, instead of standing at the base, the player must jump onto the base using their belly. All other rules are the same as the standard baseball rules.

102. Blanket Volleyball

Ages: 10 yrs +

of players required: 4 or more

Best Played: outdoors

Equipment Needed: a ball or water balloons, two blankets/sheets

Time needed: 5-10 minutes

Description and rules:

- This game is great for warm summer days.
- You can either use a soft ball as the volleyball or a water balloon.
- Each team gets a sheet and must launch the ball/water balloon into the air; the other team then tries to catch the ball/balloon in their sheet.

- The game can be played with or without a net.

103. **Breathless**

Ages: 5 yrs+

of players required: 4 or more

Best Played: outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

- Get all the participants to line up, either on a line you make or at the wall if in a gym
- One person is the caller who will tell people when to go
- When you say go the participants have to run to the other side of the field/gym in ONE BREATH while screaming at the top of their lungs. When they run out of air they must stop
- The participant to make it the furthest wins

Tips:

- For large groups have more than one person go at a time or smaller groups just one person at a time
- Some might not like going alone so send them with a partner
- Remind them it is important not to cheat, that it doesn't matter how far you go but to try their best
- Have two round and see if they can beat their first time

104. **British Bulldog**

Ages: 4 yrs+

of players required: 12 or more

Best Played: outdoors

Equipment needed: pylons

Time needed: 5-10 minutes

Description and Rules:

- Create boundaries with pylons; the "safe zone" is behind the end lines
- 2 people in the middle are "it" ("Bulldogs")
- The rest of the players line up on one end line
- When "British Bulldog" is yelled by the center person, all must run to the other end
- If tagged they become a "Bulldog"

Alternatives:

Ice Cream Truck

- People on the end pick a flavor of ice cream
- The middle person call a flavor
- If their flavor is called, they need to run to the other end
- If "Ice Cream Truck" is called, everyone runs

Chocolate Bar

- People on the end pick a chocolate bar
- The middle person call a bar
- If their bar is called, they need to run to the other end
- If "Chocolate Bar" is called, everyone runs

Who's Who at the Zoo

- People on the end pick an animal that they can find at the zoo
- The middle person call an animal
- If their animal is called, they need to run to the other end
- If “who’s who at the zoo” is called, everyone runs

105. Capture the Flag

Ages: 7 yrs +

of players required: 4 or more

Best Played: outdoors

Equipment Needed: 2 flags, pylons or hula hoops to set out jail locations

Time needed: 15 minutes

Description and rules:

- Divide the group into two teams; identify each by a set of arm or headbands. Set up a jail area (3- 4 square yards) and a separate hiding spot for each flag. Jails are set up at opposite ends of a 5 -20 acre area.
- The object of the game is to penetrate the other team's area and capture their flag. A flag is "captured" after it has been returned to the captor's jail area.
- Prisoners are taken by having their arm or headbands removed by an opponent. Prisoners are taken to the jail of their captor; they wait there quietly until they are released. Prisoners can only be released when a member of their team (with arm or headband intact) runs through the jail in which they are being held captive. After their release, prisoners are given free escort back to a central spot near their end of the area. Here, they are issued new arm or headbands. The game continues until a flag is captured, or time is up.
- NOTE: Supervision at the jails and "new arm band area" is important.
- Encourage teams to plan elaborate strategies of defense and offence. It is fun to play the game with three or four teams, each with its own jail area and hiding spot for flag.

Variation:

Go For the Gold

- The gold is visible to the opposing team. You place the same amount of bean bags in a hula hoop on each team’s side of the playing area. The players on either side try and take the bean bags from their opponent. Once they make it to the hula hoop, they get a free walk back to their own side. The team with the most bean bags at the end of the game wins.

106. Cat and Mouse

Ages: 5 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- Everyone but two people forms a circle standing far enough away from each other so that a person can safely run past them on either side. They must also be close enough to reach the hand of the people on either side of them.
- One of the people outside of the circle is the cat and the other is the mouse. They will begin on opposite sides of the circle.
- When the game starts, the cat tries to catch the mouse. If either the cat or the mouse runs through one of the spaces in the circle, the space gets closed. This is done by holding hands.
- The game goes on until all the spaces are closed or one or the other gets trapped inside the circle.

107. Cats in the Corner

Ages: 10 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: a ball

Time needed: 5-10 minutes

Description and rules:

- Mark off square play area. The ball thrower will be in the center of the square.
- There are safe zones at each of the corners where all the players called Cats will be.
- When the thrower calls "Cats in the Corner", the Cats have to run from one corner to another without getting hit by the ball.
- They can go any direction including diagonal as long as they do not get hit. Any player hit by the ball is out. If you have a large group you can have several balls and a couple throwers.

108. Crows and Cranes

Ages: 7 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- Divide the children into two equal teams.
- Have teams face each other across from an imaginary line. You could use a rope divider if you like.
- Assign one side to be "Crows" and the other to be "Cranes."
- The leader stands at the end of the group in the center so all players can see and hear him/her. The leader calls out either "Crows" or "Cranes."
- If "Crows" are called, the Cranes must turn and run a short distance to their "base" before the Crows tag them. If any Cranes are tagged, they become Crows, and head to the other side for another round. The same applies when "Cranes" are called.
- Play until everyone is on one side.

109. Dragon Tails

Ages: 4 yrs+

of players required: 6 or more

Best Played: indoors or outdoors

Equipment needed: pylons, surveyors tape

Time needed: 5-10 minutes

Description and Rules:

- Create boundaries with the pylons
- Everyone gets two pieces of surveyors tape (as long as their forearm)

- These are tucked into their pants on either side of their hips with most of it sticking out creating a tail
- When “go” is called everyone is trying to grab as many tails as possible
- Once both of your tails are gone, you are out
- You can not guard your tail

Tips:

- For younger children have extra tails on hand to give to them when they have none left
- Have no “outs” and call the game after a certain amount of time and see how many tails everyone have

110. Garbage

Ages: 6 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: assortment of balls

Time needed: 5-10 minutes

Description and rules:

- You start by putting quite a few utility and sponge balls in the middle of the playing area. When the leader says go players try to clear the balls onto the other team’s side. The objective of the game is to be the team with less “garbage” on their side when the leader yells freeze

111. Gymtoree

Ages: 6 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- Split the group into two teams. Each team should have a base towards the back of their play area.
- Players try to run across the play area to tag the other team’s base. If they are tagged by someone on the other team, they are out and go to a designated area.
- Players can only tag people who have been away from their base longer than them. If player 1 leaves their base before player 2, then 1 can be tagged by 2 but 2 cannot be tagged by 1.

112. Kaos

Ages: 4 yrs+

of players required: 4 or more

Best Played: outdoors

Equipment needed: dodgeballs

Time needed: 5-10 minutes

Description

- This game is a mixture of everyone's-it-tag, octopus and dodgeball. The kids will love it as it is extremely high energy, and can go on forever.
- Designate a playing area in which the campers must remain. The goal of the game is to get all other players out and be the last one standing. This is quite difficult however. Players can eliminate each other in a number of different ways:

- The first is simply by tagging them. If two players tag each other at the same time, they must shake hands and part ways, with neither of them being out.
- A number of dodgeballs will also be thrown into to mix once the game begins. Players can eliminate each other either by throwing the ball and hitting opponents below the waist, or by catching a ball that is thrown at them without a bounce. A player hit by a ball in the legs is out no matter how many bounces it has taken.
- Players who are out simply sit down wherever they were tagged. They are able to rejoin the game and eliminate others either by tagging them as they run by, or by getting their hands on a ball and throwing it at and hitting a player who is still standing.
- If a ball rolls out of the boundaries, a camper can retrieve it simply by asking a counselor in charge if they can go get it. The first player to ask politely is able to get the ball as long as they are still standing.
- This game will not usually end, and as such at some point whoever is running it can either end it or instate the rule that no one who goes out can get back in again. They can also call out "Everybody up!" at their own discretion.

113. Loose Caboose

Ages: 4 yrs+

of players required: 4 or more

Best Played: outdoors

Equipment needed: pylons

Time needed: 5-10 minutes

Description and Rules:

- Create boundaries with the pylons
- Select one person to be the "loose caboose"
- Everyone creates a line
- This line is the "train" with each person holding the person in front of them, the first person being the "engine"
- The object is for the "loose caboose" to attach to the "train"
- When the "caboose" catches the "train" the "engine" becomes the new "looses caboose"

Tips:

- In a large group create smaller trains of three, giving the "loose caboose" a choice of which "train" to chase
- Be careful with long "trains", often people may trip or slip causing collisions

114. Mouse Trap

Ages: 5-7 yrs+

of players required: 15 or more

Best Played: outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

Players form two circles, one inside the other. Players in the outer circle are the mice. Players in the inner circle form the mousetrap. Players in the inner circle (the trap) hold hands and raise their arms. The mice walk in and out of the trap. When the leader calls "snap" players who make up the trap drop their arms. All the mice inside the inner circle are caught and then become part of the mousetrap. The game continues until all mice are caught.

115. Pip, Squeak, and Wilbur

Ages: 6 yrs+
 # of players required: 9 or more
 Best Played: outdoors or indoors
 Equipment needed: beanbags
 Time needed: 5-10 minutes

Description and Rules:

- Arrange the children in groups of three. One person in each group is Pip, one Wilbur, and one Squeak. These groups are arranged in one big circle.
- The leader calls out one of the three names. This person runs around the outside of this big circle until he gets back to his group.
- Then he runs under the arch that the other two have made and into the centre of the circle and tries to grab one of the bean bags in the middle and return to his group.
- There should be two less bean bags than there are groups.
- If the runner gets a bean bag, his group scores a point.
- The group with the most points at the end of the game wins.

116. Tap the Line

MATERIALS:

- Open space

INSTRUCTIONS:

- This is a game from Belgium.
- One player is chosen to be tapper and starts the game by chasing all the other players, tagging one, who is called bogey.
- Bogey is a prisoner and must stay at a pole/tree/wall, touching it with one hand or one foot.
- Tapper must now chases the players and also keeps an eye on bogey, for if a player touches bogey this frees bogey and he or she may return to the group.
- If tapper tags a player before he or she frees bogey, then the player must join one hand with bogey's free hand. In this way the line at the pole becomes longer as the players are tapped.
- If at any time one of the free players touches anyone in the line, the line players are then free and the game starts over.

117. Hula Hoop Twister

ACTIVITY: Game

Time needed: 5-10 minutes

Ages: 6 yrs+

Best Played: outdoors or indoor

MATERIALS:

- Open space
- Different coloured hula hoops

INSTRUCTIONS:

- Start with 24 different coloured hula hoops placed around the gym

- 1 person is the caller, everyone else are runners that start by “circling”
- The caller will shout a color and body part, which the runners will find the color and put the correct body part in the hula hoop (i.e: blue elbow)
- The game can be adapted by :
 - reducing the number of hula hoops
 - increasing the distance between hula hoops
 - increasing the number of body parts in the hula hoop
 - increasing the size of the body part in the hula hoop
 - elimination

118. Poison Poison

Ages: 6 yrs+

of players required: 6 or more

Best Played: outdoors or indoors

Equipment needed: four balls (3 same colour, 1 different)

Time needed: 5-10 minutes

Description and Rules:

- Anyone can throw the poison balls (same colour).
- If you are hit with a poison ball, sit down where you were hit. If you catch a poison ball, the person who threw it sits down.
- After a few people have been hit, introduce the remedy ball. If a sitting player is passed the remedy ball, they are back in the game.

119. Relay Races

Ages: 5 yrs+

of players required: 4 or more

Best Played: outdoors

Equipment needed: none

Time needed: 5-10 minutes

Description and Rules:

Variations:

Ice Cube relay

- This is a non-running relay
- Everyone needs an ice cube
- The goal is to melt the ice cube first without breaking it or putting it in their mouths

Bat Relay

- Create a start and end line, with two teams lined up Have a bat or stick on the end line
- Each person on the team, one at a time, needs to run to the bat, pin it between the ground and their head and spin around 10 times and go back. To make it easier have them spin less

Jambalaya

- Have two teams, each team needs a bean bag. The first person needs to run with the bean bag to the end and come back. When they come back they pass the bean bag to the next person
- This person has to do a different action (hop, skip, crawl, etc.) but not run!!

Back to Back

- In pairs stand back to back and link elbows. Race to end of the course. To make it harder, put a ball between their backs that they must carry without dropping

Ankle Race

- Everyone on the start line. Players bend or crouch down holding onto their ankles. Players race to end of the course. If they let go of their ankles they must start over

Over under

- Two teams of people are racing against each other
- The first person passes a ball (or bean bag) over their head to the next person who then passes the ball under and through their legs to the next person, who then passes the ball over their head to the next person, etc
- The team to get it to the last person first wins
- If teams are smaller than 10 people have a starting pylon and an ending pylon
- The race is over once the entire team crosses the ending pylon by passing the ball over under

Bean Toss

- Have teams of two or more. Each team has a bean bag. The first person must throw the bean bag and hit the pylon (or get into the marked circle). Once they have accomplished this they go to the end of the line and sit down and it's the next person's turn. First team to have all players sitting wins

Bean Bag Balance

- Make a start line and end line. Have teams of two or more race each other by balancing a bean bag on their head to the end and back. If the bag is dropped have the person do two jumping jacks, pick up the bag and continue

Wiggle Worm Relay

- Have two teams line up. Everyone will reach their left hands between their legs to have the person behind them hold onto it with their right hand. When leader says "go" they must move as a group to the end line

Ball Grab

- One person is a caller. Have two lines of people facing each other at a distance
- Give everyone a number. In the middle put a ball
- The caller will call two numbers; they will run to the middle for the ball
- The first to the ball scores a point for their team
- To make it harder call more than one number on each side

Amoeba Races

- Have two groups with equal numbers of people make a circle
- Tie a circle of people together loosely around the waist creating an "amoeba"
- Have the two "amoebas" race each other

Soccer relay

- Create a start and end pylon
- Have teams of two or more race by kicking a ball to and around the end pylon and back

Peanut Race

- Use balls or bean bags rather than peanuts
- Everyone starts on the line
- When leader shouts "go" everyone must push their "peanut" to the end line with anything but their hands or feet

Shoe Relay

- Divide the group into two teams. Both teams must take off one shoe each. Each team places their shoes into a pile. The teams line up in a single file line. When you say go the first person must race to the pile and find the second person's shoe. They run back and must put the shoe on the other person before the other person can go. The first team to have their shoes back on wins

Grand Portage

- Split participants into pairs. Place one hula hoop 5 meters from the start line, and the other 10 meters from the start line.
- The goal is to move all beanbags to the far hoop.
- The first kid carries a beanbag to the first hoop and returns to tag their partner.

- The second kid can then either move the beanbag to the second hoop, or take a second beanbag to the first hoop.
- Partners take turns relaying the beanbags to the farthest hoop.
- Beanbags can only move one hoop at a time. No taking a bag to the farthest hoop in one go.
- The team to move all their beanbags first, wins!

120. Soccer Versions

Ages: 6 yrs+

of players required: 8 or more

Best Played: outdoors

Equipment needed: pylons, soccer ball, leg ties or surveyors tape

Time needed: 5-10 minutes

Description and Rules:

- Based from the rules of basic soccer
- Create two nets with pylons on opposite ends of a fairly large field
- Object is for teams to score on the opposing teams net
- A goalie for the nets are not needed
- Only the goalie can touch the ball with their hands
- Non-contact sport

Variations:

3 legged soccer

- Create two nets using pylons, make this space fairly small compared to a typical soccer field
- Have people in pairs standing beside each other and tie their legs together
- All the rules of soccer are the same (no hands except the goalie, no pushing)

Crab soccer

- Create two nets using pylons, make this space fairly small compared to a typical soccer field
- All players are in a crab walk position meaning they are using their hands and feet to move while their stomach is facing the sky
- All players are using their feet to kick and move the ball forwards

121. Streets and Alleys

Ages: 8 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- Get the group into four lines.
- You designate one person to be it, and one person being chased. When the leader calls out streets, the lines of people stand side by side in lines.
- When the leader calls out alleys they turn so they're lined up one behind the other. This added element makes it more difficult for the person to be caught.
- If they get caught, you pick someone else to be it, and the person who was it becomes the person being chased.

122. Tag Variations

Freeze Tag

- One person is “it”. When they tag someone they stand in a “T” position. To become unfrozen someone needs to go under one of their arms

Toe Tag

- Everyone is “it”. To get out your toe needs to be tagged by someone else

Stinger Tag

- Everyone has two “stingers” (two hands) that they can use to tag people. When you are tagged one of your hands becomes a “band-aid” covering where the “stinger” stung you, leaving you with one “stinger”
- When you are stung again your last hand becomes a “band-aid” leaving you with no “stingers”
- When you are tagged a third time you are out

Everybody’s IT

- Everyone is “it” and they are trying to tag each other. Once you are tagged you are frozen

Blob Tag

- One person is “it”. When you are tagged by “it” you join them by the elbows and now need to run together to catch another person
- As more people get tagged they link elbows with those who tagged them creating a larger “blob”
- For very large groups split the “blob” into smaller groups (i.e.: once the “blob” reaches 4 people split into twos and each group of two is “it”

Crocodile Tag

- One person is the “crocodile” who will tag people
- One person is the “doctor” who will save people
- When tagged you become “injured” and are on the ground squirming and calling for help
- To become free or “uninjured” the “doctor” will perform “CPR” (fake chest pumps without touching person)

Shadow Tag

- Where a person gets caught if the person who is it steps on their shadow. You can either play it where if you get caught you become it (only 1 person it) or where if you get caught you just add on to the people who are already it. (Many people it)

Squat Tag

- people are safe if they squat down before the person who is it gets a chance to tag them

TV Tag

- The people being chased can say the name of a television show before they get tagged and be safe.

Snake in the Grass

- A form of tag where the person that is it lies on the ground and slithers like a snake to try and catch the other participants. The leaders need to make a small playing area where participants must stay between. If a person gets caught they become a snake too. The last child standing becomes the new snake

Giveaway Tag

- One person is it and one person is being chased, while others are inactive/frozen in place. It and the other person each have and each have an object to carry while they run. The person being chased can hand the object to another person. The person who gives the object away becomes inactive. The person now carrying the object is chased by it, and tries not to be tagged. If they are tagged then they become it.

Partner Tag

- Players form pairs and join hands. Some pairs are it. Pairs tag pairs who are not it. Players must keep hands joined at all times. A tag is good only if their hands are joined.

Copy Tag

- In this version the player who is it chooses a way to move. Then all players must move like that while trying not to be tagged. It may change the movement at any time and as many times as it wants.

Water Under The Bridge

- Students skip around a defined area in pairs. One pair of students tries to tag other pairs. When a pair is tagged, they stand still, face each other and form a bridge by joining hands and holding them above their heads. To release these students, a free pair must skip under the bridge.

123. Ultimate Elimination

Ages: 6 yrs +
 # of players required: 10 or more
 Best Played: indoors/outdoors
 Equipment Needed: Frisbees, dodgeballs
 Time needed: 5-10 minutes

Description and rules:

- Students should pair off and link arms.
- Throw into the fray several Frisbees, Nerf balls, playground balls, or a combination of them—and it's every pair for itself.
- When one person of a pair is hit, she can no longer throw, but can only defend her partner.
- When her partner is hit as well, that pair is out of the game altogether—that is, until the pair that finally eliminated them is itself eliminated. Then the first pair can join the game again

124. Ultimate Frisbee

Ages: 10 yrs +
 # of players required: 4 or more
 Best Played: indoors/outdoors
 Equipment Needed: frisbees
 Time needed: 5-10 minutes

Description and rules:

- You put participants onto 2 teams. They can take 3 steps and then must pass the Frisbee.
- They can only pass the Frisbee behind them.
- They score points if they cross into the other team's end zone.

125. Volcanoes and Craters

Ages: 6 yrs +
 # of players required: 4 or more
 Best Played: indoors/outdoors
 Equipment Needed: plastic discs/mini pylons
 Time needed: 5-10 minutes

Description and rules:

- Split participants into two teams. Place disks randomly around an area, with an equal number facing up and facing down.
- One team must try to get all the disks the correct way up (volcanoes) and the other is turning them over (craters).
- Stop the game after a time period and count how many are up and how many are down.
- The team with the most disks their way is the winner.

126. Zombie Unicorn Apocalypse

Ages: 6 yrs +
 # of players required: 6 or more
 Best Played: indoors/outdoors
 Equipment Needed: none

Time needed: 5-10 minutes

Description and rules:

- Establish rectangular boundaries that are large enough for people to run around yet not too wide.
- Then, have two people volunteer to be zombies. Everyone else will be unicorns.
- The zombies will stand in the middle of the field while everyone else will line up on one of the narrow sides of the field.
- The zombies shout "Unicorns, ride!" and the unicorns try to gallop to the other side without being tagged.
- If they are tagged or run outside of the boundary, they become a zombie unicorn and will join the two original zombies in tagging the normal unicorns in the next round.
- Rounds continue until there are only 2 remaining unicorns.
- The game restarts as the last two unicorns become the new zombies.
- Each role in the game moves a different way.
 - The original two zombies must keep their arms stretched out and must drag one foot behind the other, to impersonate the movement of a zombie.
 - Unicorns must have one of their hands made into a fist, with the thumb-side against their forehead and their pinkie finger sticking straight out- to represent their unicorn horn. Unicorns cannot run, and must side-gallop by hitting the side of their shoes together as the move.
 - When a unicorn is tagged, it blends the zombie movement into the unicorn movement. Zombie unicorns must now move like the zombies- one foot dragging behind the other- and have their free hand outstretched so they can use it to take other unicorns. Zombie unicorns can only use that hand to tag and cannot switch hands between their horn-fist and tagging hand.

127. Chuck The Chicken:

Ages: 6+

of players required : 4 or more

Best Played: indoors/outdoors

Equipment needed: rubber chicken

Time Needed: 5-10 Minutes

- Split the participants into two groups.
- One group will have a rubber chicken. One of the group members will take the rubber chicken and throw it as far away from their group as possible.
- Once the chicken is thrown the group will get into a tight ball and the person who threw the chicken will run around the group as fast as they can and as many times as they can until the other team yells stop.
- The number of times the person is able to run around the circle indicates the number of points the team gets.
- The other group's job is to run to the chicken, form a line and do over-unders with the chicken all the way to the end of the line. Once the chicken gets to the end of the line that team can yell "stop" which tells the other team to stop running. The teams then reverse roles.

128. In Shape:

Ages: 8 yrs +

of players required: 4 or more
 Best Played: indoors/outdoors
 Equipment Needed: none
 Time needed: 5-10 minutes

- Split participants into groups of 10-20 and have each group decide on a team sound.
- Call out the name of a shape and the groups need to form that shape. When they are done, they shout out their sound and the leader comes to check.
- Shape ideas: rectangle, square, circle, oval, triangle, star

129. Slow Motion Race:

Ages: 8 yrs +
 # of players required: 4 or more
 Best Played: indoors/outdoors
 Equipment Needed: none
 Time needed: 5-10 minutes

- Everyone stands in a line and a finish line is chosen.
- The goal is to be the last person to cross the finish line, but everyone must keep moving forward. Encourage exaggerated movements!

130. Video Recorder:

Ages: 8 yrs +
 # of players required: 4 or more
 Best Played: indoors/outdoors
 Equipment Needed: none
 Time needed: 5-10 minutes

- Children respond to the following video controls, using the appropriate actions.
- Play - walk around; Rewind - run / walk backwards; Fast Forward – run; Pause - jump on the spot; Stop – stop; Eject - Jump Up!; Record - Pull a funny face!

131. Tiggers:

Ages: 8 yrs +
 # of players required: 4 or more
 Best Played: indoors/outdoors
 Equipment Needed: beanbags
 Time needed: 5-10 minutes

- Two children are chosen as 'Tiggers'.
- The 'Tiggers' have a beanbag each.
- The 'Tiggers' have to hit the other children below the knees with the beanbags.
- Those children who are hit then join the 'Tiggers' team. 'Tiggers' cannot move with the beanbag.

- The game should focus on passing between the 'Tiggers'

132. Hula Hoop Wars:

Ages: 8 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: hula hoops

Time needed: 5-10 minutes

- Divide groups into two teams.
- Teams form a line and face off, with the leader of one team's line directly facing the leader of the other team's line; as if shaking hands at the end of a ball game.
- One player from each team steps forward, each with a hula hoop.
- At the whistle, they start to hula.
- The player that drops the hula hoop first is out and the one that went the longest goes to the back of their line.
- Play continues until one side has no players left.

133. Park Ranger:

Ages: 8 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

- To play this game you will need a fairly open area (ie: a lawn) and pre-set boundary lines.
- One player is chosen at random to be the "Park Ranger". This player begins in the center of the lawn. All other players stand in a line (shoulder-to-shoulder) facing the Park Ranger. All of these players choose an animal. This animal becomes your identity and there is no need, though it is not forbidden, to tell anyone else what your animal is. The Park Ranger then says a characteristic that the other player's animals may have (ex: "If your animal has a beak...feathers...four legs" etc.)
- If a player's animal does have the feature mentioned they must run across the lawn without being tagged or going out of the boundaries. The Park Ranger tries to tag as many people as possible.
- If a player is tagged they become a "Tree". Trees freeze where they are tagged and though they cannot move their feet they can sway and tag others as they run past. If a Tree tags you, you too become a tree.
- The last player who is not a tree wins and gets to be the Park Ranger for future rounds.

134. Huckle Buckle Bean Stalk:

Ages: 8 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: small ball

Time needed: 5-10 minutes

- Pick a smallish object. Hide it in plain sight, where nothing has to be moved to find it.
- The kids look for it, and when they find it, instead of picking it up or point to it, they sit down off to the side and say, "Huckle Buckle Beanstalk!" by leaving it there, everyone gets a chance to find it.
- While the kids are moving around, they need to be jumping or hopping as opposed to running.
- If they need help, you can play the hot/cold game. The first one to find it gets to hide it the next time.

135. Poison Ball:

Ages: 8 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: variety of balls

Time needed: 5-10 minutes

- Separate the group into four teams.
- Set up a square playing field with cones measuring around 10'-20'. Have the team's line up on the different sides of the square without entering.
- You will need a variety of balls including a beach ball. The other balls should be a mix of softer play balls, i.e. softies, gator balls, sensory balls, soft footballs, nothing that would hurt if it hit someone.
- The teams will be lined up on the outside of the square. You will give out all the balls except for the beach ball, and tell them that the beach ball is "the poison ball". The object of the game is to knock the 'poison ball' into an opposing team's side.
- The players can not use their bodies in any way to touch the poison ball, nor can they enter the square. They have to throw the other balls at the poison ball to knock it across opposing team's lines. The first team to get the poison ball three times loses.

136. Ninja:

Ages: 8 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: balls, bean bags

Time needed: 5-10 minutes

- This game is Red Light, Green Light mixed with Capture the Flag.
- The kids are divided into two groups. One team is the ninjas, the other team is the guards. Ninjas have a place where captured items go; a rock, Ninja base, etc.

- Each guard places an item on the ground within the boundary created. They can hide it minimally, but like in capture the flag, it must be able to be seen from at least three directions.
- They can stand no closer than ten feet from the object they are guarding. The object for the Ninjas is to get all items back to base without getting caught. The object for the Guards is to capture the Ninjas that are taking their flag or Ninjas trying to get back to base.
- All the kids stand still then a counsellor says "go". The Guards close their eyes and the Ninjas try to pick up as much stuff as possible by stalking and creeping into the guarded territory. Periodically (every 10 to 45 seconds) the counsellor yells "Alarm" and the guards open their eyes and try to tag the Ninjas as they flee to the base. If the Ninjas get tagged they go to the Guard jail where they wait to be rescued.
- A Ninja needs to get to the jail before the counsellor says, "Alarm" in order to free the captured Ninjas. If the Ninja gets back to base before they are tagged they are safe.

137. Judge Nature Says:

Ages: 8 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

Every player chooses the name of an animal they would like to represent. One player is chosen to become JUDGE NATURE. Animals follow the instructions given by Judge Nature. If animals should happen to die during the game, they go to a designated area called "SOIL". There, they may be given a task by Judge Nature, such as 'hop on one leg for one minute', or 'do a somersault'. Judge Nature calls out one of the following instructions

(Feel free to add to this list!):

- "SURVIVAL OF THE FITTEST" -players run around a designated tree and touch Judge Nature. The first four players back remain alive -the others die.
- "DROUGHT" -Players run to an area designated as the water hole (perhaps around a different tree) and touch Judge Nature. The first three back live and the others die.
- "HUNTER COMING" "ATTENTION ALL GAME ANIMALS" -Those players have five to ten seconds to run and hide from the sight of Judge Nature. If they are seen, they are dead.
- . "ILLEGAL HUNTER" -This hunter shoots every animal he sees, so all animals run and hide. If any are seen, they die.
- "FAMINE" -Among the remaining players, there must be some sort of animal that each player can feed from (in the natural environment). If there is none, that animal dies.
- "WINTER" -All hibernating animals live, while the others die. With younger players, it might be necessary to help them in the choosing of their animal, and

to review some of the habits of the animals in the game, so that all understand each of the instructions, and their reaction to each instruction.

138. Deer, Deer, Deer:

Ages: 8 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

- Place two parallel lines on the floor or ground, ten to twenty feet apart. Count the group off in fours (1,2,3,4,1,2...)
- Ones become deer, the others are needs of the deer, which are three: food, water and shelter.
- Show the groups what the symbols are for each of the needs, which include: holding hands over head for shelter, holding hands on stomach for food, and holding hands on mouth for water.
- The groups (both deer and needs) turn their backs to each other and everyone picks a need by placing hands in one of the 3 positions.
- At your signal (count of three), both groups turn towards each other holding their signs clearly. The deer must then run to “need” that is holding the same sign.
- Each need may only have one deer.
- Any deer who finds the “need” they are searching for, then takes the “food”, “shelter” or “water” back to their side of the lines. Those needs then become deer as well, as deer are able to reproduce if they find what they need. Any deer who does not find what they are looking for, dies and becomes part of the habitat, or stays on the need side of the line.

139. Musical Bump:

Ages: 8 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

- Everyone is moving around the space in a specified locomotor movement (walk, run, skip, jump, etc.).
- When the leader says stop children must immediately sit on the floor. T
- he last child to sit down must move to the marked off area and continue to dance. The game carries on until just one child is still dancing in the centre of the room and the other children are dancing in the marked off area.

140. Chain Reaction:

Ages: 8 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

- Have children stand in a circle. Choose one child to be 'it' and have he or she leave the room.
- Choose one child to be the 'dance teacher'. Start the music so the dance teacher can begin a dance move that the other children must imitate. The children should as quick as they can begin to imitate the dance teacher's movements.
- The child who is 'it' returns to the room and tries to guess the child who is leading the dance (dance teacher). As the child who is 'it' is trying to figure out who is the dance teacher, the dance teacher keeps changing the dance steps little by little throughout the song, so it isn't obvious who's leading. The other children imitate the dance teacher trying not to give it away to the child who is 'it'.
- The child who is 'it' guesses who they think the dance teacher is and then choose another child to be 'it' next.

141. Marco Jumbo:

Ages: 8 yrs +

of players required: 4 or more

Best Played: indoors/outdoors

Equipment Needed: none

Time needed: 5-10 minutes

- 1 person in centre of playing area, while everyone else jogs around.
- When person in centre says "Marco", everyone else must jump and land as quietly as possible.
- If they are pointed at (for making noise), they must do 10 jumping jacks before re-joining.

142. Paper Weaving

ACTIVITY: Craft

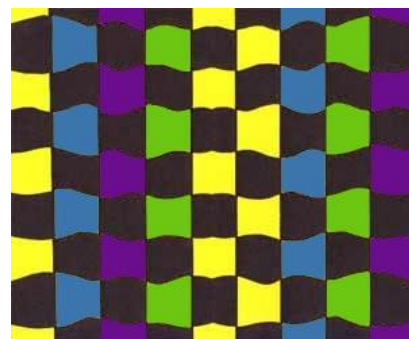
TIME NEEDED: 20 minutes

MATERIALS:

1. Construction paper
2. Scissors

INSTRUCTIONS:

1. The teacher may prepare a sample(s) ahead of time for showing to the class. Begin with a brief discussion of weaving and what it is (the interlacing of threads to form a continuous piece of fabric). Write vocabulary list on board and discuss. Show example(s).
 - a. Weaving — The process of forming cloth or fabric on a loom by interlacing yarn or thread (or, as in this case, paper).
 - b. Loom — A frame for weaving yarn or thread into cloth or fabric.
 - c. Warp — Threads running lengthwise on the loom. The warp is placed on the loom prior to beginning the weaving process.
 - d. Weft — Threads that are weaved across the warp threads to form the web.
 - e. Web — The cloth or fabric produced by weaving.
2. Distribute materials and tools. Students fold one sheet of paper horizontally.
3. Draw a line about one inch from the open end of the folded paper. This is the limit of cutting.
4. From the fold, make irregular cuts up to the line. Cuts need not be straight. (The irregular cuts make a more interesting finished product.) Unfold and lay it flat. This will serve as the "warp" and the "loom."
5. Measure and cut from the second sheet of paper, one-inch wide by nine-inch strips. These will serve as the "weft." Tip: Teacher may precut the one-inch weft strips.
6. Begin by weaving one "weft thread" over one "warp thread" then under the next warp and over the next, etc.
7. Continue this process alternating over and under with each weft thread. If the previous weft thread went under the warp thread, the following row will begin by going over the warp.



143. Pop Go the Colours

ACTIVITY: Craft

TIME NEEDED: 20 minutes

MATERIALS:

1. Paper
2. Pencils

3. Black markers
4. Pencil crayons/crayons/markers

INSTRUCTIONS:

1. Each participant draws a picture with a black marker.
2. Copy the picture three times, for a total of four pictures.
3. Have the participants colour each of their copies in different colours.
4. Mount all the pictures together on poster paper.

144. Bubble Lines

TIME NEEDED: 20 minutes

MATERIALS:

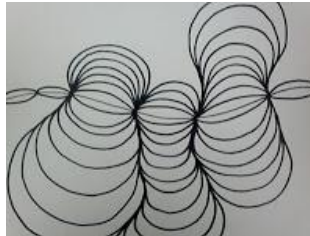
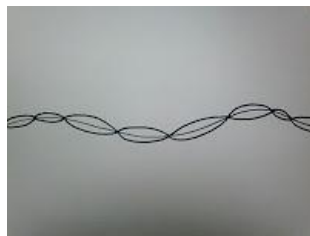
Paper

Pens/pencils

Markers/pencil crayons

INSTRUCTIONS:

1. Draw a gentle curved line across the paper.
2. Draw 8-10 dots on the line, spaced randomly.
3. Connect the dots with curved lines.
4. "Camp out" on some curves to create a ballooning and pinched look. Continue until the page is completely filled. Each curve should come back to its originating dot.
5. Colour in the curved segments, colouring darker in the corners to create depth.



HEART MAP

TIME NEEDED: 20 minutes

What You Need:

Plain white paper

Marker or crayons

What You Do:

1. Begin by having your child draw a big heart in the center of a piece of white paper.
2. Ask your child what lives inside her heart. If your child needs more prompting, tell her that things like the people she loves, her cares, hopes, feelings, fears, and wishes can be components of her heart.
3. Once she gets the idea, have her start building her heart map using pencil first so she can make any changes as she goes along. She'll decide how many pieces it will be made of and how big or small the pieces will be. She'll need to label each piece and give an example in words, pictures or

both. For instance, she might have a piece labeled My Heroes and underneath she might write: my mother, my best friend Jocelyn, Martin Luther King, Jr. Encourage your child to also get in touch with the not-so-good feelings that live inside her heart like: Things That Scare Me or What Frustrates Me.

4 . When your child is done building her map, have her add color to make it pop. Hang it up and enjoy this really special heart!

145.Dream Catcher

ACTIVITY: Craft

MATERIALS:

1. Paper plates
2. Stickers
3. Markers, pencil crayons
4. String
6. Pony beads
7. Feathers
8. Hole punch

INSTRUCTIONS

1. Cut the centre of the paper plate out. the ring that's left.
2. Punch 9 holes around the inner ring of the plate.
3. Thread string through holes, creating a design. String beads on string at random intervals.
4. Punch 3 holes on the bottom of the ring.
5. Tie string to holes so it is hanging down.
6. Thread beads on end of string. Tie end to a feather.



Decorate

146.Alien Spaceship

ACTIVITY: Craft

MATERIALS:

1. Pompoms
2. Glue
3. Googly eyes
4. Paper bowls
5. Clear plastic cups
6. Glue
7. Paint/markers/crayons

INSTRUCTIONS:

1. Glue googly eyes onto the pompoms to create the alien.
2. Glue or tape two bowls together to make the base of the spaceships. Decorate.
3. Place alien in a cup and glue to top of spaceship.



147. Falling Into Space

ACTIVITY: Craft

MATERIALS:

1. Large sheets white paper
2. Pens/pencils
3. Markers/pencil crayons or watercolour paints












INSTRUCTIONS:































1. Trace your hands and feet onto the paper (get a friend to help if needed).
2. Draw your head slightly above the hands.
3. Draw a neck and body and attach the arms to the hands and legs to the feet. The arms and legs get larger as they get closer to the tracings of your hands and feet.
4. Colour in your drawing and add a detailed background. Fill all the space!



148. Roll-a-Picasso

Roll one die. Match the number you roll with a column in the head shape row and draw what you see. Continue rolling the die to see what you will draw for each part of your masterpiece. When you have completed all rows, draw another face, or add a background and colour to your Picasso inspired drawing.

Roll the Die!						
Head Shape						Artist's Choice

Eyes						Artist's Choice
Nose						Artist's Choice
Mouth						Artist's Choice
Ears						Artist's Choice
Details						Artist's Choice
Pattern						Artist's Choice

149. Silly Sentences

ACTIVITY: Craft

MATERIALS:

3. Sentence parts on paper
4. Blank white paper
5. Crayons/markers

INSTRUCTIONS:

1. Each student draws out one of the five sentence parts.
2. Illustrate the sentence you have made.

150. Tissue Paper Rainbow

ACTIVITY: Craft

MATERIALS:

1. Paper plates
2. Tissue paper
3. Glue
4. Scissors
5. Markers

INSTRUCTIONS:

1. Cut paper plate in half.
2. Draw a rainbow.
3. Glue tissue paper to the plate.

