



WEEKLY GAME CHALLENGE

Learn and play a new game each day!

Week of May 18th

Each game requires minimal equipment and only a small number of people to play. Modifications for social distancing, age-appropriateness, and at-home accommodations are included. Videos will also be provided when possible. Click the title of the game in the list below to take you straight to the instructions!

MONDAY 5/18	<u>Shadow Shadow</u> A game that develops critical thinking and social skills.
TUESDAY 5/19	<u>Tomato</u> A game that helps develop quick thinking and build rapport.
WEDNESDAY 5/20	<u>Clean Your Room</u> A game that teaches moving a ball over a net.
THURSDAY 5/21	<u>Concentration Ball</u> A game that develops cognitive abilities such as memory, attention and making decisions.
FRIDAY 5/22	<u>This is Your Nose</u> A game that develops problem solving and listening to directions.

Want to find more games you can play at home?

www.playworks.org/playathome

Tune into Facebook Live Recess every weekday at 12pm, 2pm, and 4pm

www.facebook.com/MakeRecessCount/



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Monday: Shadow Shadow

of people to play: +2

Best for ages: +5

Equipment needed: none

Setup/Teaching Time: 2 minutes

Before You Start

- Demonstrate how to move and how to be a shadow.
- Choose a volunteer to help you.
- Exaggerate and make funny movements to add more fun to the game.
- Designate a signal to begin moving and to stop moving.
- Emphasize the importance of awareness, to avoid contact with your partner and with others.

Set Up

- None

How to Play

- The object is to continuously follow a partner without running into him/her.
- Identify what type of movement is possible (walking, fast walking, running, etc).

At-Home Accommodations

- None

Modifications for Social Distancing

- Part of the rules is to avoid contact so this is perfect!

Challenge ideas

- Play the game while listening to some music!

Game Variations

- Add various movements: skipping, hopping, leaping, crawling, etc.



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Tuesday: Tomato

of people to play: 3+

Best for ages: 5+

Equipment needed: None

Setup/Teaching Time: 3 minutes

Before You Start

- Have group stand or sit in a circle.
- Review what types of questions are appropriate.
 - Have categories of questions to choose from (food, movies, science, ect.)

Set Up

- Establish a small open area where players can form a circle

How to Play

- One player begins as the “Answerer”.
- Everyone in the circle takes turns asking appropriate questions. The “Answerer” must answer every question with the word “tomato”.
- If the “Answerer” laughs or says something other than the word “tomato”, the player asking the question becomes the new “Answerer”.

At-Home Accommodations

- Play with everyone in a designated seat and the “Answerer” at the front of the room

Modifications for Social Distancing

- Play staggered ex. one player sitting down, then the next standing up, etc.
- Give air high 5s

Challenge ideas

- Have multiple “Answerers”. Each answerer has their own category of questions that they can answer to.
- Players have to try and make “Answerer” laugh using body language *ONLY*



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Game Variations

- Players must complete 5 jumping jacks in order to get back into the game
- Change the word



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Wednesday: Clean Your Room

of people to play: 2+

Best for ages: 5+

Equipment needed: Soft, throwable objects, e.g. balls, stuffed toys, frisbees, balled up socks, paper balls

Setup/Teaching Time: 5 min

Before You Start

- Go over safety rules: players should not throw objects AT other players
- Designate an appropriate space like the living room, a bedroom or backyard
- Remove breakable objects like lamps and plants from play area

Set Up

- Make a boundary across the middle of your play space
- Split players into two teams
- Place an even number of objects on either side of the boundary

How to Play

- Set a timer for 1 minute
- Players must race to “clean their room”, clearing all objects from their side by throwing them onto the other team’s side
- When the timer goes off, count the objects remaining on each side to determine who was most successful

At-Home Accommodations

- Paper balls work well for playing at home as they will not knock household items over

Modifications for Social Distancing

- Be aware that both teams will touch the objects being thrown
- Keep players two arm-lengths away from each other

Challenge ideas

- Only allow players to hop, crawl, etc to make it more difficult



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Game Variations

- Change the amount of time that players have to compete!



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Thursday: Concentration Ball

of people to play: 2+

Best for ages: 6+

Equipment needed: Dodgeball or playground ball that can be easily thrown or caught

Setup/Teaching Time: 30-60 seconds

Before You Start

- Explain how to make a good, underhand toss with eye contact
- Explain that players have to say the intended recipient's name before throwing

Set Up

- Identify a open area where players can form small circle

How to Play

- You pick a theme, such as animals, cars,sports, colors, fruits, singers etc.
- One person starts with the ball and says an animal, then says the name of someone in the circle and tosses them the ball.
- That person must say the name of a different animal, and the name of another student and tosses the ball to that person.
- You may not repeat answers and you only have 3 seconds to say yours.
- If a student repeats an answer or can't complete their turn within the allotted time, you may have them do some jumping jacks before rejoining the circle.
- Once three people get stuck you switch themes.
- First Player says the name of another player and tosses them the ball etc.

At-Home Accommodations

- If there is no ball available, roll up a sock to use as a soft throwable object
- If using a ball or soft object avoid areas with windows, glass objects, etc.
- Play sitting down if space is limited indoors

Modifications for Social Distancing

- Instead of throwing a ball/soft object, one can point, or throw an imaginary ball



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- Can be played via Facetime, google hangout, zoom, etc. instead of throwing the ball students can just say the next persons' name

Challenge ideas

- Endurance: Try to get to 20 total of whatever theme is chosen between players (Example 20 animals are named before someone takes too long.
- Timed: Try to get 20 total of whatever the theme is spoken within 10 seconds

Game Variations

- Players must complete 5 jumping jacks in order to get back into the game
- For younger students you may go in a circle handing off the ball or you may try rolling it instead.
- If you notice this as a problem, you may also add a rule about not throwing it back to the person that tossed it to you.
- Elimination Round: If someone takes too long they are eliminated and the last person in the game gets to pick the next theme and all players rejoin.



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Friday: This is Your Nose

of people to play: +2

Best for ages: +8

Equipment needed: none

Setup/Teaching Time: 3 minutes

Before You Start

- The group forms a circle, standing shoulder to shoulder.

Set Up

- All players stand in a straight line, in a semi-circle or circle so you can see them all and identify who's made which sign. Choose who will be the first "Big Cheese"

How to Play

- The leader starts in the center, walks up to a player in the circle, points to his or her elbow and says, "This is my nose."
- The player must point to his or her nose and say, " This is my elbow."
- The leader goes up to another player, points to another body part and misnames it.
- In order to move out of the middle, the center person must make a player in the circle mess up and say or point to the wrong body part.
- When this happens, they trade places.

At-Home Accommodations

- Play sitting down if space is limited indoors

Modifications for Social Distancing

- Players should stand/sit 2 arms lengths apart

Challenge ideas

- Play the game while standing on one leg!
- Challenge the players to come up with more cheeses and actions to go with them

Game Variations

- Students must do a consequence (5 jumping jacks, etc) instead of being out
- Connect it to what kids are learning in class (plant cycle, larva cycle, etc)