



WEEKLY GAME CHALLENGE

Learn and play a new game each day!



Week of June 15th

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 6/15	<u>Hide and Seek</u> A game that helps students engage in imagination.
TUESDAY 6/16	<u>Gaga Ball</u> A game helps students develop eye-hand coordination and strategic thinking skills.
WEDNESDAY 6/17	<u>Mountains and Valleys</u> A game that helps students learn how to follow directions and remember a task.
THURSDAY 6/18	<u>Recycle Ball</u> A game that helps students develop teamwork, cooperation, and social comfort.
FRIDAY 6/19	<u>Superstar</u> A game that helps students learn about one another and improve non-verbal communication.

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: Hide and Seek

of people to play: 2+

Best for ages: 3+

Equipment needed: none!

Setup/Teaching Time: 2 min.

Before You Start

- Identify where players are allowed to hide (i.e. any room upstairs, but not outside).
- Decide on a magic word to use when the round is over to let players know when they can come out of their hiding spot.

Set Up

- Decide where the Seeker will stand and count.

How to Play

- The Seeker closes their eyes and counts down from 30 as the other players find a spot to hide.
- Once they are done counting, the Seeker goes out to find the players who are hiding.
- When a player is found, they return to the starting point (where the Seeker counted) to wait until the round is over.
- The last player to be found becomes the Seeker for the next round.

At-Home Accommodations

- Identify any unsafe places to hide in the house before playing.

Modifications for Social Distancing

- Play with friends over video chat: set up the camera in a stationary spot with a full view of the room. The Seeker closes their eyes and waits for the Hider to hide an object somewhere in the room. The object must be partially visible to the camera. Once the Seeker finds the item, players switch roles. If playing with multiple friends, have multiple Seekers trying to be the first to find the object.



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Challenge ideas

- Limit the rooms in the house where players can hide.
- Give the Seeker a time limit to find everyone.

Game Variations

- Sardines: Have one Hider and multiple Seekers. When a Seeker finds the Hider, they don't announce it -- instead, they hide right next to the Hider like sardines in a can. The last Seeker to find the (now multiple) Hiders becomes the Hider for the next round.



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Tuesday: Gaga Ball

of people to play: +2

Best for ages: +8

Equipment needed: soft hittable ball

Setup/Teaching Time: 5 minutes

Before You Start

- Identify the boundaries and any safety concerns in the play area etc.

Set Up

- Use a playing area, preferably circular, about 15 feet wide, with clear boundaries

How to Play

- Everyone stands on the boundaries. The leader drops the ball in the center and as it bounces three times, players say 'ga-ga-ball' aloud as a group. This signals the beginning of play
- Players use their hands to hit the ball towards other players. The goal is to hit other players with the ball from the knee down. If a player is hit with the ball from the knee down, they are out. When they are out, they go to the boundary line and help keep the ball in the play area by acting as a wall or a cushion.
- You can only hit the ball with an open hand. No catching, throwing, or holding the ball.
- You can only touch the ball one time in a row. The ball needs to hit either a boundary or another person before you can touch it again.
- Explain that one more goal of the game is to prevent the ball from leaving the play area. Rather than jumping away from a ball that will go out of bounds, players should try to hit it into play.
- Play ends when there is only one player left, or when time has been called.

At-Home Accommodations

- Use couches as "the walls"



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Modifications for Social Distancing

- Wipe down ball before and after play

Challenge ideas

- Give yourself a time challenge to see how many people get out in 3 minutes

Game Variations

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



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Wednesday: Mountains and Valleys

of people to play: 2 or more

Best for ages: 6+

Equipment needed: Collection of cones, cards, or anything with an “up” & “down” side

Setup/Teaching Time: 5 minutes

Before You Start

- Make sure players understand safety precautions such as hands and feet should be kept to themselves and be aware of other players.
- Players understand what to do when you say “freeze”.
- Players know what team they are on and what their task is.

Set Up

- Place items randomly throughout the play space, with about ½ up & ½ down

How to Play

- Divide players into two teams.
- One team is known as the “valleys”, who turn items upside down.
- The other team is known as the “mountains”, who turn items right side up .
- Items must be tipped or picked up gently with one hand; their feet should never touch the cones.
- At end of the round, all players must freeze and put their hands in the air.
- Count how many items are upside down & how many are right side up
- After the first round, switch the teams’ roles so each team gets a chance to do the other job.
- Each round is one minute in length.

At-Home Accommodations

- If not enough room can be created indoors to play the game normally, have players go individually and see how many items they can flip to their team’s side in a shortened amount of time (20 or 30 seconds)
- Place items on top of chairs, tables, etc. if floor space is at a premium. If you try this option, remember to give extra reminders about safety.



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Modifications for Social Distancing

- Remind players to wash hands in between rounds
- Wipe down items on a regular basis

Challenge ideas

- Add a speed limit such as tiptoeing, bunny hops, etc



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Thursday: Recycle Ball

of people to play: 2

Best for ages: 3+

Equipment needed:

Playground ball and recycling bin

Setup/Teaching Time: ex. 5 minutes

Before You Start

- Sit in big circle
- Emphasize importance of cheering on, positive and encouraging words
- Practice passing the ball hand to hand while singing the song
- Emphasize that the only time someone should stand is if they are holding the ball at the end of the song.
- Only the leader can get up and get the ball out of the recycling bin

Set Up

- Place Recycle bin in the middle of the circle

At-Home Accommodations

- Ball up a sock to use as a soft throwable object
- Clean up fun! - Toys into toy box/basket, Water bottles into recycle bin, napkins/paper towels etc

Modifications for Social Distancing

- Instead of sitting (shoulder to shoulder close - spread out)
- Toss or roll the object (practice tossing “nicely” with the idea that the person can catch the object)

Challenge ideas

- Give yourself a time limit of 30 seconds to make it around the circle!
- Try to finish the game with everyone standing on one leg!
- Players can only use their least favorite hand etc.



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- If all the toys are picked up and the room passes “inspection” you earn a “reward” (rewards can be parent reading a book to them, making homemade cookies, 15 min of tablet/electronic time).

Game Variations

- Let each player try tossing into the bin before starting the game and make sure everyone shouts “Good Job _____, Nice try!” for each person.



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Friday: Superstar

of people to play: 2 or more

Best for ages: 6+

Equipment needed: none

Setup/Teaching Time: 2 minutes

Before You Start

- Group students into pairs

How to Play

- Each group will have 1-2 minutes to find out how many things they have in common that
 - they didn't already know
 - are not visible.
- When the time is up, have youth get into a circle, standing next to their partner.
- One-by-one each pair will share one thing they have in common.
- After sharing their commonality, if others in the group also share that commonality they will put their hands in the air, lunge forward, and yell "SUPERSTAR!"
- The next pair then shares their commonality and the process continues until all pairs have shared.

Modifications for Social Distancing

- Players should stand/sit 2 arms lengths apart

Variations

- Have youth switch partners and do a round where they have to find out what they have in common around a specific topic (sports, school and so on).
- Having youth do a round where they can't speak and can only charades out ideas is not only fun, but helps them with their non-verbal skills.