



WEEKLY GAME CHALLENGE

Learn and play a new game each day!



Week of June 8th

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	<u>Huckle Buckle Beanstalk</u> A game that develops visual awareness.
TUESDAY	<u>I see I see</u> A game helps students unleash their capability to be creative.
WEDNESDAY	<u>Hopscotch</u> A game that develops balance and coordination.
THURSDAY	<u>Lava</u> A game that develops student's ability to keep their balance and cooperation.
FRIDAY	<u>Spike Ball</u> A game that encourages physical activity.

Want to find more games you can play at home?

www.playworks.org/playathome



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Tune into Facebook Live Recess every weekday at 11am, 1pm, and 3pmCT www.facebook.com/MakeRecessCount/



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Monday: Huckle Buckle Beanstalk

of people to play: +2

Best for ages: 5+

Equipment needed:

Any small object (toy, stuffed animal, ball)

Setup/Teaching Time: 3 minutes

Before You Start

- Identify the boundaries and any safety concerns in the play area etc.
- Practice saying “Huckle Buckle Beanstalk”

Set Up

- Identify an area where all players will start and return to (taped line on the floor, a wall, chairs)
- Identify the object that will be used for the game

How to Play

- Have all players sit in their spot with their heads down and eyes closed
- “Hide” the object in plain sight
- Once the object is hidden, have players open their eyes and walk quietly around the space with their hands behind their backs
- When a player spots the object, they must sit down and say “huckle buckle beanstalk” without letting the other player(s) know where the object is (the goal is to keep it a secret from everyone else)
- Continue playing until everyone has spotted the object, and is back in their spot

At-Home Accommodations

- Identify places that are unsafe to play or off limits

Modifications for Social Distancing

- Play with friends over video chat



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Challenge ideas

- Encourage the player(s) to continue looking for the item for five to ten more seconds after they've found the object so it is harder for others to know where the object was found.
- "Hide" more than one object!

Game Variations

- All players except one knows where the item is "hidden" and have a time limit to find it (1 min to locate the item)



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Tuesday: I see I see

of people to play: 5+

Best for ages: 3+

Equipment needed: No equipment needed

Setup/Teaching Time: 5 minutes

Before You Start

- Make sure players know to not make any physical contact with each other.

Set Up

- Designate an appropriate play area with clear boundaries.

How to Play

- Players begin walking around in the designated area (make the walk fun; have them do a cool walk, slow-mo walk, zombie walk).
- When the leader says the words "I See, I See", the players freeze. • After the players freeze, they will ask the leader, "What do you see?"
- The leader will then say, "I See _____".
- Whatever the leader says, the players act it out in the designated area.
 - An example dialogue for the game:
 - Leader: "I See, I See!!"
 - Players: "What do you see?"
 - Leader: "I see a superhero flying in the sky!"
 - Players then act like superheroes flying in the sky.
 - After the players have successfully acted, the leader will then repeat the phrase, "I See, I See" and the game will continue with new actions.

At-Home Accommodations

- Play sitting down if space is limited indoors



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Modifications for Social Distancing

- Have people standing/sitting in certain spots in the area. They can not wander from that spot, especially going towards each other.
- You can also play virtually with friends who aren't in your home!

Challenge ideas

- Challenge them to be really silly with their actions. They want to try to make the other people laugh.

Game Variations

- Connect it to animals you see at the zoo, characters you see on tv, or anything they're interested in!



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Wednesday: Hopscotch

of people to play: 1+

Best for ages: 5+

Equipment needed: Paper material,
tape

Setup/Teaching Time: 3 min.

Before You Start

- Using paper material (construction paper, newspaper, magazines, etc.), cut out shapes (triangles, circles or squares) and draw letters and/or numbers on them.

Set Up

- Lay all the shapes on the floor.
- Make sure they are taped down so they do not slip when a child jumps onto them.

How to Play

- Have the child begin at one end of the room and see if he/she can jump from shape to shape (square to square, circle to circle).
- Before the child jumps on the next shape have him/her identify the letter or number he/she is planning to jump to.

At-Home Accommodations

- Place shapes on a wall so that players can touch the shapes that are called out.

Modifications for Social Distancing

- Players should stand/sit 2 arms lengths apart

Challenge ideas

- Challenge the child with a sequence of shapes or colors to touch that they have to get right.



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- Teach young children important sequences, like telephone numbers.
- Have students complete math problems using the sequence numbers. For example, if the math problem is $5+1 = 6$. The student could make their way from 5 to 1 to 6.

Game Variations

- Another sibling, parent, or family member does the jumping while the child is the letter/number caller.
- Activity can be done with colors, animals, etc.



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Thursday: Lava

of people to play: 2+

Best for ages: 5+

Equipment needed: hula hoops* or use pillows, paper plates, other items that you can stand on instead

Setup/Teaching Time: 3 minutes

Before You Start

- Demonstrate how to keep a safe distance from players while moving.
- Tell players to select a fun “go” word for the start of the game. (Ex: Spaghetti)
- Have players line up head behind a head, at one end of the hula hoops.

Set Up

- Lay hula hoops on the floor in a line pattern (straight or zigzag), making sure there is space for players to lineup at each end.

How to Play

- Create an imaginative scenario. (Ex: Tell players they are inside a volcano and the only way to escape is by hopping from one “boulder” (hula hoop) to another until they reach the other side.
- Have one player at a time hop from one end of the hoops to the other, being careful not to step or land outside of the hoops.
- If a player makes it safely to the other side, they form another line.
- If a player steps or lands outside of a hula hoop while they cross, they must go back to the end of the line and wait to try again.
- The game is finished when all players have safely crossed the lava.

At-Home Accommodations*

- Use pillows or paper plates instead of hula hoops.



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Modifications for Social Distancing

- Have players line up with 2 arms-lengths between them.

Challenge ideas

- Time how long it takes players to cross and try to beat your best time!
- Spread hula hoops farther apart from each other.

Game Variations

- Players can move in different ways across the area (run, leapfrog, jump through the hoops if players can hold them)
- When a player steps/lands outside of a hula hoop, remove that hoop.
- For older players, have more than 1 player cross at a time.



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Friday: Spike Ball

of people to play: 2

Best for ages: 8+

Equipment needed: hula hoop, ball, lineup cone. *See below for different equipment options while at home.*

Setup/Teaching Time: 5 min.

Before You Start

- Have players stand in the line behind the lineup spot.
- Explain to players what a “spike” looks like (i.e. hitting the ball down towards the ground with one hand.)

Set Up

- Place one hula hoop on a flat surface with at least 10 ft. of space on all sides of the hula hoop.
- Place line up spot 10 ft. away from hula hoop.

How to Play

- First two players in line walk to the hula hoop and stand across from each other.
- The players then use Rock, Paper, Scissors to decide who serves the ball first.
- The first player to serve will toss the ball to him or herself in the air and spike the ball inside the hula hoop.



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- The ball should bounce inside the hoop (without touching the hoop itself) and bounce out.
- The other player will then return the ball by spiking it back into the hoop before the ball hits the ground.
- Players continue playing this way until a player is unable to return the ball, the ball bounces in the hoop but doesn't bounce out, or a player spikes the ball and hits the hula hoop. The player who is least successful then returns to the back of the line.
- The more successful player will stay and play the next player. The remaining player serves the ball.

At-Home Accommodations

- Play with different types of balls than can be found at home.
- Make your own ball out of balled up socks!
- Use a jump rope, chalk, tape, or pillows to create a circle if you don't have a hula hoop.

Modifications for Social Distancing

- Make sure to air high five after each round.
- If you only have two players, that's ok! See how many times each player is successful in a certain amount of time.
- If you have more than 2 players, make sure you keep at least 6 ft. apart in line.

Challenge ideas

- Try to spike the ball back and forth 25 times without a player getting out.
- Play by yourself! See how many times you can bounce the ball in the hoop and return it.
- Challenge yourself and use your least favorite hand only.
- Use your elbows only!
- Do a star jump everytime after you hit the ball.

Game Variations

- Play with teams of two.
 - Players may return the ball by hitting it in the hula hoop or hit it to a player on their own team before it is spiked back.



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- Allow younger students to catch the ball before throwing it back down.