



## WEEKLY GAME CHALLENGE

Learn and play a new game each day!

### Week of June 1

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!

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

Want to find more games you can play at home?

[www.playworks.org/playathome](http://www.playworks.org/playathome)

Tune into Facebook Recess every weekday at 11am, 1pm, and 3pm CT

[www.facebook.com/MakeRecessCount/](https://www.facebook.com/MakeRecessCount/)



# WEEKLY GAME CHALLENGE

Learn and play a new game each day!

## 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.



## WEEKLY GAME CHALLENGE

Learn and play a new game each day!

### 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*



## WEEKLY GAME CHALLENGE

Learn and play a new game each day!

### Game Variations

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



## WEEKLY GAME CHALLENGE

Learn and play a new game each day!

### 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



## WEEKLY GAME CHALLENGE

Learn and play a new game each day!

### Game Variations

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



## WEEKLY GAME CHALLENGE

Learn and play a new game each day!

### 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



## WEEKLY GAME CHALLENGE

Learn and play a new game each day!

- 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.





# WEEKLY GAME CHALLENGE

Learn and play a new game each day!

## 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)