

The Play at Home Playbook:
Powered by Playworks

About this Playbook

At Playworks, we believe every child should experience safe and healthy play every day. Playworks' evidence-based programs have been proven to get kids moving, while teaching them social-emotional skills like cooperation and conflict resolution. Now more than ever, these skills are essential to helping kids across the country combat stress and anxiety and successfully navigate the uncertainty and change associated with the COVID-19 crisis.

The games in this guide can be played anywhere, but we have assembled them for kids who may be playing at home due to school closures. In these settings, the challenge is not just to introduce games kids will love, but also to ensure that children can play in the space safely and in accordance with all CDC guidelines to help prevent the spread of coronavirus.

Making playtime run smoothly often starts with game rules, while still keeping it fun. In the following pages, you will find the rules of games that require little to no equipment, can be played with one child or siblings, and can be led by families, teachers, caring adults, and peers.

For more than 24 years, Playworks has helped schools and youth organizations through on-site staffing, consultative support, staff training, and most recently, online learning. We are a mission-driven nonprofit committed to the power of play.

This Play at Home guide is accompanied by resources available online.
Visit www.playworks.org/PlayatHome for more games and resources.

Have fun!
The Playworks Team

Most games can be played inside or outside. CDC recommendations for interaction include: play with groups of ten or less, stand at least 6 or more feet apart from each other, wear gloves if sharing an object or give everyone their own object, if possible, or clean hands thoroughly before and after play, clean and disinfect equipment frequently and thoroughly. ***For the most up to date guidelines visit cdc.gov.***

Beans on Toast



# of people to play: 2+

Best for ages: 5+

Equipment needed: None

Setup/Teaching Time: 5 Minutes

Before You Start

- Choose one person to lead the game and remind the group to focus on playing safely

Set Up

- Find somewhere to play that allows everyone to have some space to move
- The leader should stand in front of the group so that they are visible to everyone

How to Play

- The leader's job is to call out different types of beans. Each bean will have an action associate with it. When the bean is called out, the group does the action for that bean. The goal is to follow the directions as quickly as possible and

without making any mistakes. If you are able to go the longest without making a mistake, you get to be the new leader.

- Teach the various beans one at a time. Practice each one and add in new beans until you have a list of 3-4 that the group knows. Here are a few to start with:
    - String Bean - Stand straight and tall with your hands together over your head
    - Chilly bean - Shiver like you're out in the cold
    - Dancing Bean - Show one of your best dance moves
    - Green Bean - Run in place as fast as you can
    - Red Bean - Stop running and freeze
- The leader should call out the beans and mix up the speed and order. Example: "String Bean, Green Bean, Red Bean, Red Bean, Chilly Bean"
- If at any point someone does the wrong action they should step out and sit next to the leader.
- Aside from the various beans, the leader can also call out "Beans on Toast." When you hear "Beans on Toast," fall to the ground as quickly (and safely!) as you can.
- The leader will watch for the last person to fall to the ground. If you're the last one on the ground, step out of the game, sit next to the leader, and help them come up with new bean ideas.
- As you play, add in more beans, create your own beans and actions, and try to trick the group any way you can!

Challenge ideas

- What creative beans and actions can you come up with?
- As the leader, can you trick everyone all at once?
- How many commands can you follow before making a mistake?

Game Variations

- Instead of sitting out when a mistake is made, have players perform an action, such as 5 jumping jacks, to re-enter the game

The Big Cheese



# of people to play: 3+

Best for ages: 5+

Equipment needed: None

Setup/Teaching Time: 3 minutes

Before You Start

- Practice the call and response of “I am the Big Cheese,” with all players responding “You are the Big Cheese.”
- Introduce the 3 different movements: Cheddar Cheese (hands circled in front), String Cheese (arms stretched overhead), Stinky Cheese (waving hand in front of nose)

Set Up

- All players stand in a straight line, in a semi-circle or circle so you can see everyone and identify who’s made which sign. Choose who will be the first “Big Cheese”

How to Play

- The leader begins each round by saying “I am the Big Cheese!” and the other players respond “You are the Big Cheese!”.
- The leader then counts “1…2…3!” On the “three,” players pick one of the 3 predetermined movements to show (Cheddar, String, or Stinky Cheese). At the same time, the Leader shows one of the 3 movements.
- Players who make the same movement as the leader are recycled (or out).
- The object of the game is for players to stay in the game by doing a different sign than the leader. The last player standing gets to be the next “Big Cheese.”

At-Home Accommodations

- Play sitting down if space is limited indoors.

Challenge ideas

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

Game Variations

- Students can complete an action (example: 5 jumping jacks) to re-enter the game rather than sitting out
- Connect game to what kids are learning in class (plant cycle, larva cycle, etc)

Huckle Buckle Beanstalk



# of people to play: 3+

Best for ages: 5+

Equipment needed: A small unique object to hide (beanbag, marker, etc.)

Setup/Teaching Time: 5 minutes

Before You Start

- Remind everyone to be fair and honest during the game - especially when the object is being hidden.
- Remind the person hiding the object to remember where they put it.

Set Up

- Decide on a starting area for each round. This could be a spot in the room such as a couch or your desk. This is where everyone will stand while the object is being hidden.
- Choose one person to hide the object first.

How to Play

- To begin, have everyone in the starting area put their heads down and close their eyes.
- One person will take the object and hide it in plain sight somewhere in the room. The seekers shouldn't need to touch, rearrange, or open anything in the room to find the object.
- Once the object is hidden the hider can return to the starting area and let everyone know they can begin searching.
- The goal of the game is to find the hidden object as fast as you can and keep it a secret from other players.
- When you find the object, don't give away its location - don't point at or pick up the object. Simply make your way back to the starting area. Once you are back at the starting area, say "Huckle Buckle Beanstalk!"
- Keep playing until everyone has found the object. Then, choose someone new to hide the object. Make sure everyone gets a chance to hide it.

At-Home Accommodations

- Play in a specific room or throughout the house.

Challenge ideas

- Can you hide your object in a spot no one can find?
- How quickly can you find the object?

Game Variations

- Allow the object to be hidden out of plain sight - in a box, under a pile of clothes, etc.
- Have multiple people hide an object then race to see who can find someone else's object first.

I see, I see *(Brain Break)*



# 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 the designated area (use movement modifications to make this more playful: examples include a runway walk, slow-mo walk, zombie walk, etc.)
- 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/sequence 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

Modifications for Social Distancing

- Have players standing/sitting in certain spots of the designated area. Players cannot wander from that spot or move closer to each other.

Challenge ideas

- Challenge players to be really silly with their actions. Their goal can be to make the other players laugh! The player with the silliest action gets to be the new leader.

Game Variations

- Connect the game to animals you see at the zoo, characters you see on tv, or anything players are interested in!

One Step Back



# of people to play: 2+

Best for ages: 5+

Equipment needed: A tossable object like a ball

Setup/Teaching Time: 2 minutes

Before You Start

- Have all players stand in a circle, or an equal distance apart.

Set Up

- You'll need a ball or tossable object, and some space for everyone to spread out.

How to Play

- Start with a small circle--each person standing an arm's length apart. The leader starts the game by passing the ball to the person next to them. When each person gets the ball, their job is to pass it on to their neighbor.
- Once the ball makes it around the circle without anyone dropping it, the leader says "One step back!" and all players take one step back.

- Then, everyone passes the ball around the circle again. If the group successfully passes it all the way around without dropping it, the leader says “One step back” and everyone takes one step back--making the circle even larger.
- This continues until the ball is dropped, at which point we say “Good job, nice try!” and the group returns to the center to try again.

At-Home Accommodations

- You can use any tossable object to play this game. Balls work well outdoors, but if you’re playing indoors, try using a soft object such as a balled up sock!

Challenge ideas

- Try playing this game while standing on one foot.
- Add throwing challenges to the game. For example, only throw with your non-dominant hand, or throw under your legs.

Game Variations

- Play “soccer style” and kick the ball on the ground instead of tossing it. If the next person has to take more than one step to receive the pass, start over!
- Play “football style” and punt the ball with your foot instead of tossing it. If the next person drops the punt, start over!
- Instead of taking just one step back each round, the leader can choose to say any number up to 10. All players will take that number of steps back!

Popcorn



# of people to play: 1+

Best for ages: 5+

Equipment needed: 1 ball

Setup/Teaching Time: 1-2 Minutes

Before You Start

- Get a ball or soft throwable object and a few people to play with (you can also play this game on your own!)

Set Up

- Find an area with space for your group to make a circle - preferably with a high ceiling. Playing outside works great, too!

How to Play

- One person starts the game by throwing the ball in the air, clapping one time, and then catching the ball.
- Once you've tried it one time, pass the ball to the person next to you in the circle so they can try. Continue this all the way around the circle, giving everyone a turn.

- If you drop the ball or don't clap the correct number of times, you were unsuccessful and that's okay.
- When it gets back to the first person, check in with everyone. If you successfully clapped and caught the ball, move up to Level Two. If you were unsuccessful, stay on Level One.
- Level Two means that you'll try to clap two times before catching the ball. Level Three means three claps, Level Four means four claps, and so on.
- Each time the ball comes to you, try the level you are on. If you're unsuccessful, stay on the same level and try again when the ball makes it back to you.
- The goal of the game is to see how many claps you can work up to and still catch the ball each time.
- If you're playing on your own, just work your way up and see how many claps you can get to!

At Home Accommodations

- Ball up a sock or crumple up a piece of paper to use as a ball.
- Play outside for more space.

Challenge ideas

- How many claps can you do?
- How quickly can you get to __# of claps?
- What other actions can you do while the ball is in the air? Spin around, clap behind your back, etc.

Game Variations

- Give everyone a ball and race to a certain number of claps.
- Partner up and pass to your partner. They'll try to clap before they catch the ball.

Rock, Paper, Scissors Stretch



# of people to play: 2

Best for ages: 6+

Equipment needed: None

Setup/Teaching Time: 3 minutes

Before You Start

- Make sure everyone knows how to play Rock, Paper, Scissors!
    - Rock: make a fist with your hand. This is more successful than Scissors.
    - Paper: hold your hand out flat. This is more successful than Rock.
    - Scissors: make a scissor shape with your first two fingers. This is more successful than Paper.
    - To play, chant “Rock Paper Scissors Go!” while gently placing a closed fist on your open palm. On “Go,” reveal your choice of Rock, Paper, or Scissors.

Set Up

- Identify an open space where both participants will have room to stretch out their legs.

How to Play

- The goal of the game is to stay balanced without falling over. Try to stay balanced longer than your partner!
- Start out by facing your partner. Play a game of Rock Paper Scissors.
- Each time you win a game of Rock Paper Scissors stay where you are--you don't need to move your feet!
- Each time you lose a game of rock paper scissors stretch out by one foot length.
    - One way to do this is to simply take a step back with your back foot, keeping your front foot in the same spot. Each time you lose a game, your back foot goes further back and your front foot stays in the same place!
    - To more precisely stretch out the same distance each time try this: swing your front foot behind your back foot and touch your toe to your heel. Leave that foot there and slide your new front foot up to your partner's toes.
- Keep playing Rock Paper Scissors and stretching out after each round! The game goes until someone falls over, holds onto something for balance or can't stretch any further.

At-Home Accommodations

- Consider moving furniture to make sure each partner has enough space to stretch.

Challenge ideas

- How far can you stretch?
- Can you play a perfect game without ever having to stretch out?

Game Variations

- Play with 3 people at once. Stretch out for each person who beats you in Rock Paper Scissors. For example, if two people play paper and one plays Rock, the person who played Rock would take two steps back!

Blizzard *(Challenge Game)*



# of people to play: 1-10

Best for ages: 5+

Equipment needed: 1 piece of paper

Setup/Teaching Time: 1-2 minutes

Before You Start

- Find an open space large enough for the group to stand in a circle.

Set Up

- Take the piece of paper and create small rectangles (about 2 inches wide by ½ inches tall). You can rip the paper or cut it with scissors. These rectangles will be the “snowflakes.”
- Stand with the group in a circle in the middle of the designated open space.

How to Play

- For the first round, choose someone to hold one of the “snowflakes.” When everyone is ready, throw the “snowflake” as high as you can into the air.

- As the “snowflake” floats down, work together with your team to catch it before it hits the ground.
- If you are able to catch it before it hits the ground, you move up to the next level! To move to the next round, everyone shouts “Just One More!” Add one more “snowflake”--this will be thrown with the first “snowflake.”
- During the second level, you must catch BOTH “snowflakes” to move up, during the third level you must catch ALL three to move up, the fourth you must catch ALL four… and so on.
- If at any time you throw the “snowflakes” into the air and the team is unable to catch ALL the “snowflakes,” that’s alright! Try that level again using the same number of “snowflakes.”
- Keep playing and get creative with how you work together to catch them all!

At-Home Accommodations

- Try dropping them all from a higher spot for everyone below you to catch. Make sure you consider safety when choosing a higher spot to drop “snowflakes” from!

Modifications for Social Distancing

- Play with your own set of “snowflakes” or on a team of 2 and compete to see who can catch the most.

Challenge ideas

- How many “snowflakes” can your group work up to?
- How many can you catch without using your hands?

Game Variations

- Play in smaller groups, with a partner, or on your own.
- Cut paper into decorative “snowflakes” to use! Make this an activity before the game.

Concentration Ball



# of people to play: +2

Best for ages: 6+

Equipment needed: Soft 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.
- Make sure players know to throw gently!

Set Up

- Identify an open area where players can form a 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 something that fits the theme (such as “cat” if the theme were animals), then says the name of someone in the circle and tosses them the ball.
- That person must say the name of a different person/object/animal in the theme, followed by the name of another player, and toss the ball to that person.
- You may not repeat answers and you only have 3 seconds to say yours!
    - If a player repeats an answer or can’t complete their turn within the allotted time, they must complete 5 jumping jacks before rejoining the circle!
- Once three people get stuck, switch to a new theme!
- If someone drops the ball or misses a catch, they are the only one who should chase the ball to put it back in play.

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.
- Can be played via Facetime, Google Hangout, Zoom, etc. Instead of throwing the ball players can simply say the next person’s name.

Challenge ideas

- Endurance: Try to get to 20 total of whatever theme is chosen! (Example: 20 animals are named before someone makes a mistake or takes longer than 3 seconds to respond).
- Timed: try to get 20 total of whatever the theme is spoken within 20 seconds!

Game Variations

- For younger players, you may have them hand or roll the ball to each other instead of throwing.
- Add a rule that you may not throw the back to the person that tossed it to you!
- Elimination Round: If someone takes too long, they are eliminated. The last person in the game gets to pick the next theme. All players rejoin for the next round!

Giant



# of people to play: 4+

Best for ages: 4+

Equipment needed: None

Setup/Teaching Time: 3 minutes

Before You Start

- Identify the clear boundaries of the game and make sure players know of any off-limits spaces (under furniture, leaving the room etc.).
- Make sure all students understand how Villagers get “caught” and how to get back in.

Set Up

- Identify an area where players can safely crawl. Ideally there will be obstacles to crawl around.
- Identify where Villagers go when they get caught.

How to Play

- The Leader is the Giant, all other players are Villagers.
- The Giant starts on the edge of the space and says “Fee, Fie, Foe, Fum, Freeze!” to start the game. Villagers may crawl around the space until the Giant says “Freeze!”
- While frozen, Villagers must stay totally still and silent!
- After saying “Freeze!”, the Giant can take up to three giant steps to tag as many frozen Villagers as possible. Villagers cannot move away from the Giant!
- Villagers must return to their seat (or the designated “caught” area) when they are:
    - Tagged by the Giant.
    - Caught moving by the Giant OR any adults in the room.
    - Caught making noise by the Giant OR any adults in the room.
    - Caught moving on their feet (running) instead of crawling by the Giant OR any adults in the room.
- After the Giant takes three steps and tags as many Villagers as possible, the next round will start! The Giant will start from the place they ended after their three steps. The Giant will say the phrase, and Villagers can move until the Giant says “Freeze!”
- Repeat until either all Villagers have been tagged OR the Giant was unable to tag a Villager in that round.
    - Tagged Villagers may return to the game after a round when the Giant is not able to tag anyone (and no one is caught moving or making a noise)!

At-Home Accommodations

- This game can be played inside or outside! Choose a space where players can crawl safely. If you are using a smaller room, have the Giant take smaller steps or heel-toe steps!

Modifications for Social Distancing

- Remove tagging and have the Giant close their eyes while saying their phrase. After saying “Freeze!”, the Giant will open their eyes and take their three steps.While doing this, the Giant should try to catch villagers moving or making sounds!

Challenge ideas

- Challenge the Giant to take more or less steps each round!

Game Variations

- Select a new Villager to be a new Giant after each game!
- Have Villagers move in a different way - Heel-to-Toe walking, Fire Feet, hands must touch the floor, etc.
- Roll a dice to see how many steps the Giant can take!
- When the Giant tags a Villager, the Giant must win a round of Ro-Sham-Bo (Rock Paper Scissors) to be successful. Otherwise, the Villager “escapes!”

Recycle Ball



Can be played as just a game OR to help clean up!

# of people to play: 2

Best for ages: 3+

Equipment needed:
Playground ball/soft throwable object and recycling bin or box

Setup/Teaching Time: 5 minutes

Before You Start

- Everyone should sit in a big circle.
- Emphasize the importance of cheering others on and using positive language!

Set Up

- Place a recycling bin/bucket/basket in the middle of the circle.

How to Play

- The ball is passed around the circle while the group sings a song. When the song ends, whoever is holding the ball gets to stand up and try to throw the ball into the recycling bin!
- Practice passing the ball hand to hand while singing a song. Song examples: “Happy Birthday,” “Alphabet Song,” “Row Your Boat.”
- Emphasize that the only time someone should stand is if they are holding the ball at the end of the song.
- The player holding the ball at the end of the song gets to stand up to toss the ball/object into the bin.
- Only the leader can get up to retrieve the ball from the recycling bin.

At-Home Accommodations

- Ball up a sock to use as a soft throwable object rather than a ball.
- Clean up fun! - Use this game to return toys into toy box/basket, clean up after a meal, etc.

Modifications for Social Distancing

- Players should maintain at least 6 feet of distance while sitting in the circle.
- 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 non-dominant hand.
- If all the toys are picked up and the room passes “inspection,” you earn a “reward”- (rewards can be a parent reading a book to them, making homemade cookies, 15 min of tablet/electronic time, etc.)

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.

Red Light, Green Light



# of people to play: 2+

Best for ages: 4+

Equipment needed: None

Setup/Teaching Time: Under 5 minutes

Before You Start

- Make sure everyone knows the rules and what happens if players move on a “Red Light.”
- Make sure everyone knows how to move safely throughout the designated space.

Set Up

- Clearly define the playing area with a designated start line and finish line. (You can use a wall, a natural boundary, or cones).

How to Play

- Begin with everyone along the start line.
- When you say, “Green Light” everyone will move towards the finish line.
    - Make sure you tell players how they should be moving during the Green Light! Let them know if they should be using running feet, walking feet, or another option like skipping.
- When you say, “Red Light” everyone must immediately stop and freeze.
    - If you see players are still moving after you call “Red Light,”, they must go back to the starting line.
- Start a new round when everyone gets across the finish line or when most players make it across the finish line.
- The first player to reach the finish line can be the new leader! If they have already had a turn, the next player to cross the finish who has not yet been the leader should have a turn.

At-Home Accommodations

- Use walking feet if playing indoors.

Modifications for Social Distancing

- Spread players out on the line to increase distance between players. Have players stand at least two arms-lengths away from each other.

Challenge ideas

- Introduce new colors of light to include different types of movement! For example:
    - Run on Green Light
    - Walk heel to toe on Yellow Light
    - Bunny Hop on Purple Light
    - Other movements: skip, gallop, tip toe, etc.

Game Variations

- The leader can designate themself as the finish line. This enables the game to move around so that when players get close to the finish line (the leader), the finish line moves farther away.
- For the hearing impaired, you can turn your back towards the group for red light and turn around (face your group) for green light.

Seven



# of people to play: 2+

Best for ages: 6+

Equipment needed: None

Setup/Teaching Time: 2 minutes

Before You Start

- Choose one player to start the game.

Set Up

- Arrange all players in a circle (sitting or standing).

How to Play

- The goal of the game is to work together as a group and count up to 7.
- Starting with the number 1, go around the circle and count up to 7 by having each person say one number. If there are fewer than 7 players, continue to go around the circle again (as many times as necessary!) to reach 7.
- When you get to 7, stop counting. The next person in the circle will come up with a sound or action to replace one of the numbers between 1 and 7.

    - For example instead of saying the number 3, make the sound of a cow, or instead of the number 5, do a jumping jack.
- When the group knows the new rule, begin counting again starting at 1.
- When it comes to the number a rule was created for, make the sound or do the action instead of saying that number.
- If someone forgets the sound or action for a number, say “good job, nice try” and the group starts over from 1.
- Each time you get to 7 without making a mistake, add another rule (each new rule is added to your current rules - it doesn’t replace rules already in place).
- Go until every number has been replaced!

At-Home Accommodations

- Play around the dinner table or in the living room.
- Play it virtually! Start a video call with a few friends and decide on an order to go in.

Modifications for Social Distancing

- To play with social distance, make sure all players in the circle are at least 6 feet apart from their neighbors.

Challenge ideas

- Can your group make a rule for every number?
- Try playing with more numbers than seven (10, 15, or 20). How many rules can your group remember?

Game Variations

- For a silly twist, if someone giggles laughs or makes a mistake, have them do a lap around the group or 5 jumping jacks before continuing.

This is My Nose



# of people to play: 2+

Best for ages: 8+

Equipment needed: None

Setup/Teaching Time: 3 minutes

Before You Start

- The group stands shoulder to shoulder.
    - All players stand in a straight line, in a semicircle, or a circle so the leader can see everyone and identify who's made which sign.

Set Up

- A space big enough for everyone to line up or circle up in comfortably!

How to Play

- The goal of this game is for the leader (the person in the middle of the circle) to try and trick someone in the circle into saying the wrong body part (Example: calling their nose a nose when they were supposed to say elbow!).
- The leader starts in the center, walks up to a player in the circle, points to their elbow and says: "This is my nose."

    - The player must point to their 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 leader must make a player in the circle mess up by saying/pointing to the wrong body part. The leader can then join the circle!
- When a player makes a mistake, they become the new leader and move to the center of the circle.

At-Home Accommodations

- Play sitting down if space is limited indoors.

Modifications for Social Distancing

- Players should stand/sit 2 arm’s-lengths apart.

Challenge ideas

- Play the game while standing on one leg!

Game Variations

- Players can point to objects in the room rather than body parts.
- Choose a category of objects for the round. Examples: only say/point to kitchen objects, objects bigger than your head, etc.

Up Down Stop Go *(Brain Break)*



# of people to play: 2+

Best for ages: 5+

Equipment needed: None

Setup/Teaching Time: 2 minutes

Before You Start

- Demonstrate the appropriate (opposite) actions for “up”, “down”, “stop”, and “go”.
    - “Up” - Players squat down
    - “Down” - Players jump, or stretch up as high as possible
    - “Stop” - Players move around the play area in a specific movement (walking, jogging, running, hopping, etc.)
    - “Go” - Players freeze
- Explain that players who make a mistake should complete a task (ex: 5 jumping jacks) before returning to the game.
- Do a practice round first so that all players understand the commands and the movements that go with them. Make sure players understand what to do if they make a mistake!

Set Up

- Have all players stand around the room and designate a caller.

How to Play

- Caller calls out the commands “up,” “down,” “stop,” or “go” one at a time.
- For the first few minutes, the caller watches the group and stops the game when a player makes a mistake, giving them time to complete their task (for example, 5 jumping jacks) and join back in.
- After a few minutes, the caller should not need to stop for mistakes and should continue calling while players who made a mistake complete their task. Those players should join back in as the game continues!

At-Home Accommodations

- Run in place rather than freely moving throughout the home.

Modifications for Social Distancing

- All players stand 6 feet apart.

Challenge ideas

- How many commands can the entire group get through before a mistake occurs?

Game Variations

- Use literal commands (up means up, down means down, etc). Use only two commands to start. Then mix up all four commands.
- Have the caller use various speeds.

1 Fish, Two Fish, Red Fish, Blue Fish



# of people to play: 10+

Best for ages: 6-10

Equipment needed: Bean Bag or small shareable item

Setup/Teaching Time: 10min

Before You Start

- Players start on one side of the room, with the leader and object on the other.
- Explain that the object is the “egg” and you (the leader) are the “parent” fish trying to protect it.
- The object of the game is for the team to work together to get the “egg” from the leader and back across the starting line.
- Make sure to tell the players how they should move during this game! Make adjustments if necessary to promote safety. Example: Use tip-toes or walk in slow motion instead of running.

Set Up

- A clearly marked starting line (cones or tape) and clear, designated play area.
- A bean bag or small throwable object to be the “egg.”

How to Play

- To start the game, the leader turns their back to the players. The object should be on the ground directly behind them.
- With their back turned, the leader will say “one fish, two fish, red fish, blue fish.”
- When they finish saying the phrase, the leader will turn back around to face the players.
    - Players move during “one fish, two fish, red fish, blue fish” and freeze when the leader turns around.
    - Players may not move when the leader is facing them.
    - If the leader sees anyone move, they can send the entire group back to the starting line!
- Once players are close enough to grab the object, they must work as a team to transport it back to the starting line without the leader seeing it or seeing anyone move. (Hint: players can place behind their backs so the leader does not know who has the object!)
- Once the object is gone, the leader gets one guess per turn to try to figure out who has it.
    - If they are correct, the object is returned and the game restarts!
- Each freeze someone new must have the object!
- If the leader does not guess correctly, no one is spotted moving, and the object makes it across the starting line, the team has been successful! Select a new leader and play again.

At-Home Accommodations

- Ball up a sock to use as a soft object!
- Play outside if space is limited indoors.

Modifications for Social Distancing

- Throw the object to each other instead of passing. Use a soft object such as a balled up sock for this!
- Make sure players are not clumped and are at least 5 feet apart.

Challenge ideas

- Players must use their non-dominant hand to pass the object.
- Give players a specific movement to use! Examples: skip, hop, bear crawl, etc.

Game Variations

- Set a number of passes before the object can make it across the starting line.

Do This, Do That



Number of people to play: 2+

Best for ages: 5-8

Equipment needed: None

Teaching Time: 1-2 minutes

Set Up

- Identify a small open area where players have at least an arm's-length distance away from one another.

How to Play

- Invite one person up to the front of the group as the leader, or a parent/guardian can begin the game.
- The goal of this game is for the group to listen to the leader and imitate whatever movement the leader is doing when they say "Do This!", but not to get tricked when they say "Do That!"
    - **"Do This!"** When the leader says "Do This," followed by a movement, then the rest of the group must mimic the movement/facial features.
    - **"Do That!"** If/when the leader says "Do That!" everyone must **NOT** mimic the movement that the leader does.

- The leader should choose an action that involves a fair amount of movement. The movement should be silly and fun, and involve as many body parts as possible, as long as players can perform the movement safely!
- If a player makes a mistake and “does that,” then they get a high five and they are out until the game restarts.

At-Home Accommodations

- Play sitting down if space is limited indoors.

Modifications for Social Distancing

- Instead of getting a high five when you’re out, they get an “air high five”, and/or the group says “good job nice try.”
- Avoid movements that involve touching the face, mouth, eyes, lips, or nose.

Challenge ideas

- See how fast you can get people to “do this”!

Game Variations

- Players must complete 5-10 jumping jacks in order to get back into the game rather than sitting out until the round ends.
- Whoever is out first gets to be the person leading the game during the next round.

Land, Sea, Air



# of people to play: Any Size

Best for ages: 5+

Equipment needed: None

Setup/Teaching Time: 2 minutes

Before You Start

- Identify the boundaries and play space. Make sure all players know where the boundaries are!
- Review the importance of awareness and honesty.
- You will need a line--this can be a chalk or tape line, a crack in the pavement, the edge of a carpet, or each person can have a post-it note on the floor! Have all players stand with both feet together and their toes behind the line.
- Explain and demonstrate the rules of play.
- Do a practice round so that all players understand the commands and where their feet must go.

Set Up

- One line on the ground that can fit all players shoulder to shoulder with elbow room.

How to Play

- One leader will call out commands—"land," "sea," or "air."
    - **Air:** When the leader says, "air," players must jump into the air and land in the same place they started.
    - **Land:** 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.
    - **Sea:** 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.
- Players' feet should always remain together.
- 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.

Modifications for social distancing

- Players should stand 2 arms lengths apart

Variations

- If players make a mistake, have them move backward to a line behind them.
- Play elimination style so that if players make a mistake, they must step out until only one player remains.
- Use various other calls for different movements, based on the age and ability of the players, such as:
    - Bridge—one foot in the sea, one foot on the land.
    - Pirate—standing/jumping on one foot until the leader calls, "argh!"
    - Tornado—spin in a circle one time.
- Tell a story and have them listen for the key words in your story! For example, you could tell a story about a walk on the beach and incorporate "land," "sea," and "air" into your story.

Night at the Museum



# of people to play: 2 or more

Best for ages: 5+

Equipment needed: None / optional: object for the janitor to hold (cone, marker, anything they can pretend is a flashlight).

Setup/Teaching Time: 2 Minutes

Before You Start

- Identify the boundaries and any safety concerns in the play area
- Talk to players about what statues do: Do they move? Do they touch each other? Do they make a lot of noise? But we all know they come alive and move around the museum at night, right?
- Remind players to be safe and be aware of objects and other players around them. We want to ensure players do not run into each other.
- Have players practice appropriate statue poses.

Set Up

- Make sure the space is clear of obstacles and there are boundaries for where you will be playing
- Designate an area where players will go to do jumping jacks or other tasks when they get caught moving by the Janitor.

How to Play

- One person is chosen to be the Janitor.
- All other players are statues, and they can't let the Janitor catch them moving.
- The Janitor closes their eyes and gives the statues 10 seconds to move around the room and freeze in a statue pose.
    - Blinking, breathing, and sneezing do not count as moving!
- The Janitor will move slowly around the room, pointing their flashlight at the statues. If they shine the flashlight on a player and that player moves/laughs/etc., they will have to go to the designated area and do 5 jumping jacks (or complete a predetermined task) to get back into the game.
- Once there is only one player left, restart the game with that player as the new Janitor!

At-Home Accommodations

- If playing this indoors, encourage players to be sneaky when they're moving around. You do not want the Janitor to hear you moving!

Modifications for Social Distancing

- Instead of using a shared object to point in a certain direction, focus on eye contact between the Janitor and the statues to catch them moving.

Challenge ideas

- For older students, this game can be combined with other games - such as silent ball- for an added challenge.

Game Variations

- Players that have been spotted moving become Security Cameras! Security Cameras should have a designated place to stand (for example, along the wall). They help the Janitor by pointing silently when they see a statue move. The Janitor can look at the Security Camera to see where they are pointing!

- Use different themes for Museums! For example, if you are in a "Dance Museum," players try to dance behind the Janitor's back and freeze in dance poses. Other themes: Space, History, Dinosaur, Magic, Animal, or a favorite movie!

Sequence Touch



# of people to play: 3+

Best for ages: 5+

Equipment needed: None

Setup/Teaching Time: 5 minutes

Before You Start

- Make sure the players know the boundaries, the starting and ending locations, and any safety concerns in the play area.
- Explain the importance of self-awareness as well as being aware of players around you.
- Demonstrate how to avoid other players when running towards objects you will be tagging.
    - Keep your head up.
    - You don't have to move in a straight line. Move side to side to avoid other players.
    - Modify movements for this game if necessary! Have players waddle like a duck, skip, bunny hop, or walk like a zombie.

Set Up

- Designate an area that has objects to run to and tag. (basketball hoop, fence, wall, grass, etc.)
- Check for understanding and questions.

How to Play

- Before you start, choose a magic “go” word so players know when to start! For example, “Today’s magic go word will be ‘banana’!”
- Be sure players know the designated ending location.
- The leader will list several objects and say the magic word to start the game.
    - For example:
        - “Fence, basketball hoop, grass. Banana!”
        - Players will run to touch those objects and return to the ending location as quickly as possible.
- The object of the game is to remember to tag all of the objects listed by the leader as quickly as they can before returning to the designated area.

At-Home Accommodations

- For limited space/indoors, use walking feet, hopping, or other modified movements.
- Choose objects to tag that are not breakable and are large enough that the surrounding area doesn’t get too crowded.

Modifications for Social Distancing

- Players must stay arms length apart.
- Have players touch objects with elbows or feet.
- Instead of tagging objects, players must stand next to and point at them.
- Choose colors instead of items to keep players from touching and spread out.
    - For example, touch something purple. All players must find something different that is purple to touch or point to.

Challenge ideas

- Set a time limit. For example, all players must touch the objects and be back to the designated area before the leader counts to 10.

Game Variations

- The last player to return to the designated area must do 5 jumping jacks or say “I’m awesome” 5 times before the next round.
- The first player to return to the designated area gets to be the new leader, allowing all players to have a turn.
- Animal Sequence Touch! Leader picks an animal for all players to imitate. Players must move like that animal and make its noises while moving to tag the objects.

4 Corners

# of people to play: Any Size

Best for ages: 6-10

Equipment needed: None

Setup/Teaching Time: Less than 5 minutes

Before You Start

- Split players into 4 groups.
- Select a player to be in the middle.
- Assign each corner a number: 1, 2, 3 and 4.

Set Up

- Use any area with four corners (ex: living room, classroom, etc.).

How to Play

- The player in the middle closes their eyes and counts slowly from 1-10.
- While they are counting, all other players must either move to a different corner or stay in their current corner.
- If players did not find a corner by 10, they must sit down where they are.
- After counting, the player in the middle keeps their eyes shut and either points their finger to or calls out a corner number.They may then open their eyes!
    - If your corner is selected, you must sit down.
    - If the player in the middle points to a corner that is empty, everyone is back in!
- Middle player will count again and repeat the previous steps.
- Last player standing begins in the middle for the next round!

At-Home Accommodations

- Instead of using corners, find 4 colored objects to use (when your color is called, you sit down).
- Instead of getting out each round, players in the chosen corner could play Ro-Sham-Bo with the caller to determine whether or not they stay in the game or switch places to become the caller(s).

Modifications for Social Distancing

- Players must be standing at least 6 feet apart.
- Players must each be standing on an object near their corner (ie: chair, step stool, step, etc.).

Challenge ideas

- Give them less than 10 seconds to get to a corner!
- Must be at a new corner each round.
- Instead of numbering the corners, have each be a different state, state capitol, or color to involve school content.

Game Variations

- Person in the middle can pick the loudest corner, quietest corner, etc.
- Change middle person every round.

4 Square

# of people to play: Any Size

Best for ages: 6-10

Equipment needed: Rubber Ball/Ball that can bounce

Setup/Teaching Time: 10 minutes

Before You Start

- Set up a box with 4 squares (like a grid); outline with tape, cones or chalk.
- Label the squares 1, 2, 3, 4.
- The player in square 1 is the server - they start the game.

Set Up

- 10’ x 10’ box, with four 5’ x 5’ squares.

How to Play

- Player in Square 1 drops the ball so that it bounces once, and then hits it underhand into another square.
    - Ball must bounce only once in each square.
- Each player needs to hit the ball with one or two hands into another player’s square once it has bounced in their own square.
    - If the ball bounces twice or more in a player’s square, they return to the recycle line.
- If the ball hits a line or hits out of bounds, the player who hit the ball returns to the recycle line.
- If a player holds the ball, or hits it without the ball bouncing in their square, the player returns to the recycle line.
- Anytime a player returns to the recycle line, players shift in squares. All new players enter in Square 4, other players in the game rotate clockwise. (If you are in Square 4, you would go to Square 3, etc.).

At-Home Accommodations

- Use balled up socks and play hot potato style.
- Use a table and small bouncy ball and play hand-ball style!

Modifications for Social Distancing

- Wipe down equipment and area before playing.

Challenge ideas

- Work on math by counting by 2's or 3's, etc. when you hit the ball
- Use your non-dominant hand only to hit the ball.
- Stand on one leg at all times.

Game Variations

- Have two people in each square to work as a team to hit the ball!

4 Square - Categories

# of people to play: 4

Best for ages: 7+

Equipment needed: Playground ball, 4 Square Court (see setup)

Setup/Teaching Time: 5 minutes

Before You Start

- One player is in each square and the other players wait in line.
- The player in Square 1 is the server. That player begins the play of the game.

Set Up

- A standard 4-Square area is one large square, 10’ x 10’ divided into four smaller squares (5’ x 5’), and each box is labeled 1, 2, 3, 4. The box labeled “1” contains a smaller service box (1.5’ x 1.5’) located in the far outside corner of the square.

How to Play

- Before play begins, the server calls out a category (ex: colors).
- To start play, the server will say something within the category (ex: blue), and then bounce the ball in their square and hit it into someone else's square.
- When it bounces in a different square, the person in that square must say another thing within the category (ex: green) before hitting it into someone else’s square.
    - The ball can only bounce once in any square.
    - If a player fails to say something in the category, they must return to the recycle line and wait for another turn
- Each player needs to hit the ball with any part of their hand into an opposing player’s square after it has bounced only once in their square
- If the ball lands on a line, or goes out of bounds before it bounces, the player who hit the ball needs to return to the recycle line for another try. If a player hits the ball and it bounces again in their square, they also need to return to the waiting line.
- If a player catches or holds the ball, that player needs to return to the recycle line.

- If the ball bounces more than one time before it is hit into another square, the player who let the ball bounce needs to return to the recycle line for another try.
- If the ball is returned before it is allowed to bounce, the player who returned the ball early needs to return to the recycle line.
- Anytime a player moves out of the game into the recycle line, a square is left open. The person in front of the line advances to Square 4, and the remaining players advance clockwise to close the gaps between 1 and 4.
    - The player in Square 1 gets to stay there as the server until they make a mistake and have to return to the recycle line!

At-Home Accommodations

- Rather than a ball, use balled up socks and play the game similar to hot potato.

Modifications for Social Distancing

- Make sure you wipe down your equipment before and after each use and wash hands after playing.
- Space out squares further apart - at least 6 feet between players.

Challenge ideas

- Try super challenging categories - or do math problems, geography, etc. to use school content!

Ah-So-Co

# of people to play: 5+

Best for ages: 8+

Equipment needed: None

Setup/Teaching Time: 5 minutes

Before You Start

- Have the group stand in a circle. Explain that “energy” will be directed around the circle with three different words/actions: “Ah”, “So” and “Co”.
- First pass begins with an “Ah” accompanied by placing a hand above the head with the fingers pointing at the person on either side. Pass word and movement around the circle in the same direction.
- Pass “So” accompanied by putting a hand across the stomach to the person on either side.
- A “Co” is done by pointing with both palms together to anyone in the circle, who then passes an “Ah” to someone else around the circle. Make sure that there is eye contact with the person receiving the “Co”.
- The actions must always go in the same order: “Ah”, “So” then “Co.”
- Once everyone is familiar with the words and movements begin the game.

Set Up

- Designate playing space large enough for the group to form a circle.

How to Play

- The leader begins with an “Ah” 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, with a “So”.
- The next person must “Co” it, sending it to someone across the circle.
- “Ah” and “So” can be sent in either direction.
- If a person hesitates, they must go around the outside of the circle and may try to trick the others still in the circle by saying the words “Ah”, “So” and “Co” in the people’s ears.
- Once there are only two people left, have them Ro-Sham-Bo (rock, paper, scissors) to determine a Ah So Co Champion! Restart with everyone joining back in. The Ah So Co Champion may begin the game!

At-Home Accommodations

- Clear space for a circle.

Modifications for Social Distancing

- Keep 3-foot distance between the people next to you.
- No physical contact.

Challenge ideas

- Time yourselves to see how long you can go without some hesitating or making a mistake.
- See how fast you can get through 10 rounds.

Game Variations

- Each player takes a turn being the heckler outside the circle.
- Use other words/movements in place of Ah, So and Co.

Animal Kingdom

# of people to play: 3+

Best for ages: 5+

Equipment needed: Object to mark the ground, e.g. hula hoop, newspaper, placemat

Setup/Teaching Time: 5-10 min

Before You Start

- If you are playing with young children, identify 3 or 4 animals that the children recognize and know the sounds of to use during play.

Set Up

- Make a circle with one player who is “it” in the middle. Place the marker on the ground underneath one of the players in the outside circle.

How to Play

- The player in the middle closes their eyes, and everyone else begins to walk in a circle around them, chanting, “KUM-cha, KUM-cha, KUM-cha, KUM-cha”, stepping onto the marking object when they come to it
- Keeping their eyes closed, the player in the middle calls, “STOP” and everyone must freeze.
- The player in the middle then names an animal.
- Whoever was standing on the marking object when they froze must try to make the sound of the animal named - without saying anything else!
    - Only the person standing on the marking object should make a noise! Everyone else must be as silent as possible.
- The player in the middle gets one chance to guess who is making the animal sound. They can ask for the sound to be repeated once before they make their guess.
- Switch new players into the middle for each round.
- Keep in mind that although players should not speak as it will give away the answer, fun is the point of the game and everyone should be allowed to giggle freely!

At-Home Accommodations

- If you do not have anything to use as a floor marker, you can have the middle player spin 3 times with their finger pointed out. Make sure your circle is big enough so they may do this safely!

Modifications for Social Distancing

- Ensure that your players maintain an appropriate distance, about two arms-lengths away.

Challenge ideas

- Allow the person who is “it” to name fictional creatures, or ones whose noise we do not know (e.g. unicorns, t-rex, hippogriff) so that players must make up the sounds as the game goes.
- Do not allow players to say words such as “oink”, “arf”, “tweet” - only allow them to imitate the sound to the best of their ability.

Game Variations

- If you have a lot of players, allow the person in the middle multiple guesses.
- With children 5 years old or younger, select a limited list of animals to play with that they are familiar with, e.g. pig, chicken and horse.

Annie I Over

# of people to play: 2+

Best for ages: 5+

Equipment needed: A small ball and a structure to throw it over

Setup/Teaching Time: 2 minutes

Before You Start

- Make sure you have a building, house, playground structure, or fence that you can throw the ball over.

Set Up

- Two evenly-divided teams stand on opposite sides of a structure, with one team holding the ball.

How to Play

- Divide the group into two teams.
- Each team stands on opposite sides of a structure.
- Use Ro Sham Bo to decide which team throws first.
- The Throwing Team yells “ANNIE I OVER!” as a player throws the ball over the structure to the team on the other side.
- If a player on the Catching Team catches the ball before it hits the ground, the catching team runs around the structure to tag the other team’s players or hit them with the ball.
    - In this case, the Throwing Team should run to the other team’s side to be “safe.”
- If no one on the Catching Team catches the ball before it hits the ground, it is their turn to yell “ANNIE I OVER!” and throw the ball back to the other team.
- The Throwing Team needs to be prepared to catch a ball coming back over the structure, or to run around the structure safely to the other side if the other team tries to tag them.

At-Home Accommodations

- You can play over a house, garage, fence, or any other structure that you can safely throw a ball over.

- If no structure is available set up a large rectangle and play around it! Use your imagination to throw the ball high over your invisible castle!

Modifications for Social Distancing

- No Tagging! Play with one ball for each player. Players MUST throw a ball at other players below the shoulder instead tagging.
- Be sure to clean all equipment and wash hands before and after each game.

Ball Toss Race

# of people to play: 4+

Best for ages: 7+

Equipment needed: Small ball

Setup/Teaching Time: 2 minutes

Before You Start

- Have the group get into a circle and have one or more balls (appropriate size for throwing and catching) ready.
- Go around the circle allowing everyone to say their name so that the others can hear.

Set Up

- Designate a space for the group and one or more balls that can easily be thrown/caught—bean bags, tennis balls, dodgeball or other.

How to Play

- The leader begins by throwing, rolling, or bouncing a ball (depending on the age and skill level) to another player while saying the other person's name loudly. Explain that it is very important to remember who you have passed the ball to.
- Keep passing the ball around the circle so that everyone has received the ball one time. You can have players sit down or cross their arms once they have received the ball to make sure nobody gets it twice.
- When the last person gets the ball, have them pass it back to the leader.
- Now without the ball and in the same order, have each player say out loud who they will pass the ball to so that the pattern of the ball's movement is established.
- Once everyone remembers who to pass to, try again with the ball and see how fast they can go.
- After trying a couple times, ask the group:
    - Who has an idea for how to get the ball to everyone more quickly?
    - What do you think about adding a second ball?
    - Shall we time ourselves and then try to beat our time?

At-Home Accommodations

- Play the game with balled up socks!

Modifications for Social Distancing

- Stand farther apart.
- Make sure you wash the equipment before and after use and wash your hands.

Challenge ideas

- Add more balls - if you have ones of different shapes and sizes, use them all!
- Have multiple patterns going at once, or try to establish a new pattern and then return to the first pattern - try to see if the group remembers!
- Instead of calling out names, establish a category (ex: animals, states, etc.).

Booty Ball

# of people to play: 2+

Best for ages: 5+

Equipment needed: Small ball

Setup/Teaching Time: 2 minutes

Before You Start

- Set up a rectangular area divided into two areas, each large enough for half of the group to comfortably sit with space for each player.
- Set up chairs facing outward to enclose playing area and act as the “net”

Set Up

- Designate your playing area with chairs serving as the “net”.
- One team sits on each side of the “net”.

How to Play

- Divide the group into two teams, with one team on either side of the “net."
- Everyone sits on their team’s side, spaced out evenly on the floor.
- Drop the ball into play in one of the team areas.
- Players attempt to hit the ball to the other team, over the chairs which are dividing the court.
- Players may hit the ball with arms, legs, or any body part, but may not lift their bottom off of the ground.
- There are only three hits allowed per side, so help the players count aloud.
- Players try to keep the ball volleying back and forth as long as possible.

At-Home Accommodations

- Play the game with balled up socks!
- Can use a coffee table or couch instead of chairs!

Modifications for Social Distancing

- Sit farther apart.
- Make sure you wash the equipment before and after use and wash your hands.

Challenge ideas

- Add the serving component like in volleyball and award points following regulation rules.

Boppity Bop Bop

# of people to play: 3-10

Best for ages: 6+

Equipment needed: None

Setup/Teaching Time: 5 mins

Before You Start

- Go over instructions. Provide examples of each sequence and use call and response to make sure players know how to play the game.
- All ties are resolved with Ro Sham Bo, therefore make sure everyone knows how to play. (Ro Sham Bo is another name for Rock, Paper, Scissors).

Set Up

- The group should be standing in a circle, at least arm-distance apart.

How to Play

- The group gathers in a circle, with one person in the middle (selected by the game leader).
- The player in the middle walks up to/points to a player in the circle and says “Boppity Bop Bop Bop.” If the player in the middle completes the phrase before the other player says “Bop,” the two switch places. If the player on the outside says “Bop” before the middle player finishes the phrase, the game continues with the same player in the middle.
- The player in the middle can fake out players on the outside by simply pointing and saying “Bop” to a player in the circle. If the outside player says “Bop,” the two players switch places.

At-Home Accommodations

- Ball up a sock to use as a soft throwable object versus pointing at players. The person in the middle can throw the ball to the person before they say the phrase.

Modifications for Social Distancing

- Instead of standing in a circle, you spread out the group throughout the room.

Challenge ideas

- Make up a different phrase or add rules!

Charades Relay

# of people to play: 5+

Best for ages: 8+

Equipment needed: None

Setup/Teaching Time: 5 minutes

Before You Start

- Review the basics of charades!
    - One person acts out a word or phrase without speaking while the team tries to guess what the word is.
- Prepare a list of words/phrases from among several categories (see below).
- Decide what movement people will do (ex. speed walking, tip toeing, etc.)

Set Up

- Divide the group into 2 or more teams.
- Have everyone spread out so they cannot overhear the surrounding teams.

How to Play

- This game is a charades race and the categories in the sample below are Fast Food, Electrical Appliances, and Cartoon Heroes. Teams compete against each other trying to be the first to guess all items on the same list.
- To start, ask one member from each team to come to you. Tell them the first word and return them to their group to begin acting it out.
- Once a member of the group guesses the word correctly, someone new from that team returns to you for the next word. They must tell you the first word before receiving the second word.
- No one can come up a second time until everyone has had a turn acting out a word from the list
- The game is over once a team completes the list

Sample List:

1. Superman
2. Curly Fries
3. Storm
4. Blender
5. In-n-out
6. Blow Dryer
7. Incredible Hulk
8. Dishwasher
9. Milk Shake
10. McNuggets
11. Batman
12. Scooby Doo
13. Ipod
14. KFC

15. Captain America
16. Taco
17. Wii
18. Wonder Woman

At-Home Accommodations

- Each team can have their own room in the house so other teams cannot hear them
- Remind the group not to run. Choose a safe mode of movement (ex: speed walk, tiptoe, walk like a penguin, walk like a zombie, moonwalk, walk with high knees, walk sideways like a crab, squat and walk like a duck, etc.) for them to use while retrieving their next word.

Modifications for Social Distancing

- Make sure each team has plenty of space to spread out from each other so they can remain 2 arms-lengths apart throughout the game.
- Remind the group that although this is a race, there will be no pushing/shoving.

Challenge ideas

- Choose easier or more difficult categories.
- Choose a shorter or longer list.
- Choose to reveal the category or keep it secret.

Game Variations

- Players must also complete an exercise before receiving the next word (ex: 5 jumping jacks, be more successful than you in roshambo, etc.).

Chi Master

# of people to play: 2 or more

Best for ages: 6+

Equipment needed: None

Setup/Teaching Time: 2 minutes

Before You Start

- Practice the call and response of “I am the Chi Master” with players responding “You are the Chi Master.”
- Introduce the 3 different movements: Chi Master Salutation (hands together & head bowed), The Crane (both hands in the air, standing on one leg), and The Cobra (one elbow in your other palm like a sitting snake).

Set Up

- Decide if you want the players in one straight line or in a semi-circle so you can see them all and identify who’s not following along.

How to Play

- Have players stand about one foot apart in either a straight line or a semi-circle.
- The leader always begins new rounds by saying “I am the Chi Master!” and players respond “You are the Chi Master!”.
- Leader then counts 1…2…3! On the “three,” players pick one of the 3 pre-determined movements to show (Chi Master Salutation, The Crane, or The Cobra).
- The leader also picks any one of the 3 motions to show.
- If the players do the same motion as the leader, they are out.
- The object for the players is to NOT to do what the leader does.
- Once there is only one player left, they become the new Chi Master! Restart the game with all players back in.

Variations

- Players must complete a task (ex:5 jumping jacks, etc) instead of being out.
- Connect poses to what kids are learning about in class (plant cycle, weather, etc.).

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 the 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.
- Reset the objects and start a new round! Don’t forget to say “Good Game” to the other team when you’re done playing!

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--choose objects you can sanitize if possible!

- Keep players two arm-lengths away from each other.

Challenge ideas

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

Game Variations

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

Did Ya Ever?

# of people to play: 2+

Best for ages: 7+

Equipment needed: None

Setup/Teaching Time: 1-2 minutes

Before You Start

- Find someone or a group to play with!

Set Up

- “Did Ya Ever?” is a word game that can be played anywhere - even virtually. Play with a small group in person or play on a video call with a few friends.

How to Play

- The goal of the game is to create silly and ridiculous stories - one word at a time.
- One person starts the game by saying “Did Ya Ever?”
- The next person says one word to continue the sentence.
- The next person says the next word and so on…
- Keep adding words to the story and see where it goes! Anyone can start a new story by saying “Did Ya Ever?”

At-Home Accommodations

- Play during a meal or in the car.

Modifications for Social Distancing

- Make sure everyone has a 6-foot bubble around them.

Challenge ideas

- How ridiculous can your stories get?

Game Variations

- Allow anyone to add to the story instead of going in order.

Evolution

# of people to play: 5+

Best for ages: 5 - 9

Equipment needed: None!

Setup/Teaching Time: 5 minutes

Before You Start

- Identify the boundaries of the play space and any potential safety hazards.
- Make sure everyone knows how to play Ro Sham Bo (Rock Paper Scissors).
- Review the motions for each evolution level (Egg, Chicken, T-Rex, Rock Star, Superhero) and the order they follow.
    - Egg: Crouch down with your hands on top of your head to make an egg shape.
    - Chicken: Bend your arms into chicken wings and cluck like a chicken.
    - T-Rex: Make tiny T-Rex arms and stomp around.
    - Rock Star: Hold an air guitar and play a face-melting solo.
    - Superhero: Tie on a cape and hold out your arms like you're flying.

Set Up

- Players spread out in the play space.

How to Play

- All players begin the game as an Egg.
- The goal is to evolve all the way up to a Superhero!
- In order to evolve, players look for other players who are on the same level as them (e.g. Eggs look for Eggs, Chickens look for Chickens) and challenge them to a game of Ro Sham Bo.
- Whoever wins the Ro Sham Bo gets to evolve to the next level; the other player must stay at the same level and find a new Ro Sham Bo partner.
- The Evolution Order is as follows:
  Egg → Chicken → T-Rex → Rock Star → Superhero
- Superheroes have a special job: Instead of finding other Superheroes to play Ro Sham Bo, they fly around looking to help other players! Superheroes play Ro Sham Bo against another player until that player wins and gets to evolve.

At-Home Accommodations

- Carefully move furniture to create a more open play space.
- Practice each motion before playing so everyone knows how to stay safe.

Modifications for Social Distancing

- Make sure not to touch other players' hands while playing Ro Sham Bo.

Challenge ideas

- If a player isn't successful in a game of Ro Sham Bo, they have to go down one level instead of staying the same!

Game Variations

- For younger players, try using fewer levels so it's easier to remember the order.
- Add in your own evolution levels and make up a funny motion to go with them!

Freeze Dance

# of people to play: +2

Best for ages: +3

Equipment needed: Music-playing device

Setup/Teaching Time: 5 minutes

Before You Start

- Make sure you have a safe space for dancing!

Set Up

- Identify an area for dancing
- Play the music loud enough for those playing to hear

How to Play

- In this activity, everyone dances as the music plays.
- When the music stops, each player must freeze immediately and hold that position until the music begins again.
- If a player does not freeze immediately, they do 10 jumping jacks during the start of the next round and then can rejoin the dance.
    - Since this is an aerobic game, it is better for players to remain in the game rather than getting “out.”

At-Home Accommodations

- Have players take turns selecting songs.

Modifications for Social Distancing

- Find a space big enough for players to stay far away from each other, and no partner dancing!

Gaga

# 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.

Set Up

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

How to Play

- Everyone stands along the boundary. 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.”

Modifications for Social Distancing

- Wipe down the ball before and after play.

Challenge ideas

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

Game Variations

- Rather than sitting out, players must complete 5 jumping jacks in order to get back into the game.



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