

Outdoor Play Activities

RED ROVER

Divide everyone into two teams, each forming a long line, holding hands, facing the other team. The two teams should be around 20 or so feet apart. The teams take turn calling out, "Red Rover, Red Rover, let come over!" That child leaves their team's line, runs as fast as they can toward the other line and tries to break through the held hands. If they break through, they get to take someone back to their team. If they don't, they join the new team. When a team only has one person left, that person tries to break through the other team. If they do not, then their team loses. If they do, they gain a player and play continues.

FREEZE TAG

This is a variation of Tag where if the person who is "it" tags you, you have to freeze where you are. Another participant can tag you to unfreeze you.

TAG

It seems that everyone knows how to play tag, but just in case it wasn't in your childhood game playing repertoire, here is how you play. A group of kids decides who will start out as being "it." That person chases the other people around, trying to tag one of them with their hand. The newly tagged person is now "it." There is often the rule of "no tag-backs" where you can't tag the person who just tagged you. The game ends when everyone is tired of playing.

SIMON SAYS

This game can be played anywhere, even in a car or other small space. One person is Simon and starts by saying, "Simon says, '[insert action here]'." Everyone must then do the action. However, if Simon makes an action request without saying, "Simon says" to begin the request, anyone who does that action is out. The last person still playing in the end will be Simon for the next round.

Outdoor Play Activities

MOTHER, MAY I

This game is set up in the same way as Red Light Green Light. One person in the group asks the person in the front, "Mother, may I take steps forward?" The person at the front then says, "Yes, you may." or "No, you may not." You can vary your requests by including options such as taking baby steps, spinning steps, leaps or whatever strikes your fancy. Again, the first person to tag the person in the front wins and is the next person in the front.

RED LIGHT, GREEN LIGHT

With enough room, this game can easily be played inside. One person is the traffic light at one end, and the other players are at the other end. When the traffic light faces the group, he or she says, "Red light!" and everyone must freeze. The traffic light then turns his or her back and says, "Green light!" while the group tries to get as close to the traffic light as possible. The traffic light turns around quickly, again saying, "Red light!", and if anyone is spotted moving, they have to go back to the starting place. The first person to tag the traffic light wins and gets to be the next traffic light.

HOPSCOTCH

Use some sidewalk chalk and make a hopscotch grid. Number the squares from one to nine. Pick a rock that is good for tossing. Small ones can bounce too much, and larger ones are hard to throw. Start by tossing the rock onto Square 1. Hop over the rock and hop with a single foot or both feet (to follow the hopscotch pattern) all the way to the end. Turn around and come back, stopping on Square 2. Balancing on one foot, pick up the rock in Square 1 and hop over Square 1 to the start. Continue this pattern with Square 2. And so on. If you toss your rock and miss the correct square, your turn is over.

Outdoor Play Activities

HIDE AND SEEK

Everyone has played this one. Most parents have played with their kids, since hiding and finding is a common interest of small children. I've heard of all kinds of variations on this game. Sometimes you count to twenty, sometimes ten, sometimes one hundred. Sometimes there is a home base that you can run to and tag, becoming "safe," sometimes you just wait to be found. The general idea is that one person is "it," that person closes his or her eyes and counts to a certain number without looking and then he or she tries to find the others.

How to Play Red Light, Green Light

Number of players: 3+ (the more the merrier!)

Recommended Age: 3+ years

Equipment needed: None. You will however need a reasonably large, open space for the children to run in.

To play: One person is chosen to be 'It' (the traffic light) and he/she stands a good distance away from the other players (5+ metres) with his back to them. The other players stand in a line facing It.

When It calls 'Green Light,' the other players move towards him until he spins around, calling 'Red Light.' When they hear the red light command the other players must freeze on the spot. Any child seen moving must return to the starting line. The children must remain frozen until the next 'Green Light' command is given.

Play continues in this manner until someone reaches and tags It. The tagger becomes the new It and the game begins again.

Simon Says

Outdoor Play Activities

Gather your group of players. Simon says is a simple and fun game played by children all over the world. Although Simon says is normally reserved as a children's activity, people of all ages can play and enjoy the game.[\[1\]](#)

- Normally, all the players in Simon says remain standing for the duration of the playing round. However, you could also play sitting down.

Duck Duck Goose

Game play. All the players, except the first person who is It, sit in a circle. It walks around the circle, tapping each player on the head, saying "**duck**" each time until he decides to tap someone and say "**goose**." That person becomes the **goose** and runs after It, trying to tag him before It can take his seat.

Game play

The group links hands and recites the following verse while skipping, hopping, walking, or just being goofy in one circular direction:

Ring Around the Rosy

*Ring around the rosy,
A pocketful of posies.
Ashes, ashes.
We all fall down!*

At the end of the last line of the song, do just that!

Parachute Game: Using an old blanket and a beach ball

Potato sack Game: Using old pillow cases to play potato sack

Outdoor Play Activities