

## OUTDOOR GAMES

### **Capture The Flag**

#### Set up:

- Each child has a flag football flag belt or a penny, streamer, etc (something that makes a tail coming out of their pants and is easy to pull off without pulling down clothing) on.
- Create boundaries that keeps the game close but there is still space to run and move (as the game goes on these boundaries can move to make the game harder)

#### How to play:

- Each child is trying to grab someone else's flag while also protecting their own flag from getting taken. They must stay in the boundaries; if they step out they will be out. If their flag gets taken they are out. If they take someone else's flag they give it back to the person they took it from. Once everyone is out but one-person restart the game!
  - There is no touching other than someone else's flag. To block someone they must turn their bodies. Their flag must also be on their back or coming out of the back of their shorts (no flags on their sides)

**Tip:** *Once kids start getting out make the boundaries smaller so they are forced to be closer to one another.*

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### **Zombie Apocalypse**

#### How to play:

- Basically, there will be three teams. One is the Zombies, one is the Survivors, the last is the Helpers.
- The goal of this game is for the Survivors to get back to the starting point without being tagged by a zombie. The starting point can be wherever you like a classroom, the playground, the grass, etc. Wherever you choose is where the Zombies and the Helpers start off.
- After you choose the starting point, the Survivors will have to run to a spot where they think is secretive enough for the zombies not to tag them.
- A minute after the Survivors find their hiding spot, the Zombies come out and look for them and then tag them.
- A minute after THAT the Helpers come out. Basically what the Helpers do is lead/guide the Survivors back to the starting point. Zombies cannot tag

Helpers, so that gives the Survivors a chance to get back safer.

- The Helpers can circle around a group of Survivors to take them back or they can run behind the Survivors.
- Some of the Survivors, of course, cannot get help from the Helpers, so they have to get back themselves.
- If one of the Survivors gets tagged by a Zombie, they become one. So be careful to watch out for zombies!
- The Survivors/ Survivor that make it back to the starting point without getting tagged wins!

#### Additional Rules:

- Make sure you split up the teams where there are a few more Zombies than Survivors and Helpers.
- This game usually only works when you have a large group of people. - Zombies are allowed to reach through gaps that Helpers don't cover when they surround Survivors.
- Make sure the Zombies don't tackle the Survivors to the ground because then it'll hurt.

*I hope you enjoy this game! But remember to play it only when people won't roughhouse!*

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### **Tag With A Twist**

#### How to play:

- Set up a normal game of tag, but instead of one kid being “it”, there will be two kids who will be “it”. This forces the pair to chase other kids together, and in order to tag someone, both of the pair must successfully tag the target. This forces the pair to work together and build chemistry and rapport.

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### **Kick The Can**

#### How to play:

- Play Kick the Can with three or more friends in any outdoor area that has places to hide, day or night. The object of the game is to put all the players in “jail”, capturing them by identifying them in their hiding spots.
- Once a player is “jailed” the only way to be freed is for another player to beat the “IT” person to the can and kick it.

To Start:

- Select a spot for the can. The “can” should be an actual can or anything that can be kicked a distance. The can’s spot should be near something that can be a jail such as a front porch, bench, etc.
- Determine the neighborhood boundaries for the game and make sure everyone understands that is where they must hide. Players may not hide inside and anyone who gets caught entering a house is automatically caught.

Who is “IT”?

- One player is selected to be “IT” and that person is challenged to find everyone. To determine who is “IT” have all players put their feet in a circle. One leader uses a rhyme to disqualify players until only one player is left. The leader touches one foot in the circle for each word. Here is an example:

*Bubble gum, bubble gum in a dish.  
How many pieces do you wish?”*

- The player’s foot the leader lands on, gets to pick a number. The leader counts out that number and then says “... and you are out.” The player that is landed on for the final word does not have to be “IT”. The rhyme continues until only one person is left – that player is “IT”.
- The leader or the last person “IT” kicks the can to start a new game and everyone scrambles to hide. Once the “IT” person replaces the can to its spot, he or she can begin searching for players.

Playing the Game:

- To capture a player, the “IT” person must call out their name and hiding place while stepping on or touching the can. The players must come to jail if the “IT” person is correct. If they are not correct, the person can step out and declare that they had the wrong player and have time to hide again.
- As players are captured, the jail will fill up. Once the “IT” person has captured all the players, the game renews with the first player captured becoming the “IT” person.
- If a player tried to kick the can, the “IT” person must race to the can first and call out their name. If the player beats them and kicks the can, all the players in jail are freed and the “IT” person must start again.

*The best hiders are usually those left to kick the can. Players can not stay in one spot forever if all the players are in jail.*

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## **Body Part Freeze Tag**

How To Play:

- Body part freeze tag is just like regular freeze tag except once tagged, you are not completely frozen.
  - Select one or two children to be “it.” These children run around tagging other children.
  - If a child is tagged on the arm, only the arm is frozen.
  - If tagged on the leg, only the leg is frozen, so the child must hop on one leg.
  - If both legs are tagged, the child can pull himself along the ground with arms (assuming they weren’t already tagged).
  - The object is to completely freeze as many as possible.
  - If you want, you can have others unfreeze body parts as well.
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## **INDOOR GAMES**

### **Keep the Balloon Up**

#### How To Play:

- Blow up some balloons, tell the kids to keep the balloons from touching the floor, and get the party started! Have kids count to a certain number and try to beat it.
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### **Animal Charades**

#### How To Play:

- Lots of fun to be had with this game. Before playing, first print off this page of animal pictures. Cut out each individual animal, fold each in half, and put them in a bucket. Begin the game by having the first child choose a piece of paper. The child then needs to act out the animal silently, and all other children need to try to guess what animal is being portrayed. Once the animal is guessed, choose another child who has not picked a piece of paper yet, and then they get to have their fun acting! We like this game when we’re tired, too.
    - **Variations** – If a child is having difficulty silently acting out the animal, then you can let the child try to make the sounds that the animal makes. **You can also allow kids to get into small teams and they have to guess the animal before the other team gets it.**
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## **Indoor Bowling**

### How To Play:

- Get some empty water bottles or plastic cups, a ball, and start bowling!
    - **Variations** – Make a bulls-eye on the ground out of masking tape or one on a piece of paper. With each section worth different amounts of points, the kids can take aim and challenge each other.
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## **Sticky Note Wall Bop**

### How To Play:

- Attach 26 sticky notes to the back of a door and write a different letter on each one (in random order). Make a “start” line a few feet away from the door (more if you have older kids), and have your child stand behind it with a soft ball, bean bag, stuffed animal or pair of rolled up socks. Now instruct them to throw their object to try and hit the “A” or the “T”. Players with more advanced aim and spelling skills can try and hit all the letters in specific words (to make it even tougher, if they miss one of the letters, have them start all over again!).
- Alternatively, write different point values on each sticky and give your child 10 throws. For each target they hit, mark down the number of points. At the end of the round, tally up to crown a winner (or if playing solo, have them try and beat their previous score).

*This could be fun as a version of hangman too. Or you can also play it like HORSE in basketball.*

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## **Paper Airplane Race**

### How To Play:

- All you need to make paper airplanes is paper and pens for decorating.
  - First fold your paper airplane and then the kids can draw the pilots at the front and the passengers looking out of the windows. Have paper airplane races and see whose gets furthest.
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## **Sardines**

### How To Play:

- Sardines gives a twist to the classic game of hide and seek. Instead of one person seeking and everyone else hiding, one person hides and everyone else seeks.
  - Once one of the seekers finds the person hiding, they must hide with that person. This continues until there is only one person left seeking, and everyone else is crammed together like sardines in the hiding place. The last person to find everyone else now becomes the new hider for the next round.
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## **Chin-Ball-Race**

- Size of group: each team minimum 5 persons
- Material: tennis ball/orange/etc

### How To Play:

- Two teams stand in a line. The first person holds a ball under his chin. He must pass it to the next player in line without using his hands. Using other body parts is allowed. Which team passes the ball from the first to the last player the fastest?
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## **Human Knot Kids Version**

### How To Play:

- The famous human knot game is often tried with adults in co-working environments, but it is actually quite a fun and useful kids team building game and activity. Basically, have a group of kids sit together in a circle, ideally a minimum of 5-6 kids. Have each kid randomly grab (lightly!) someone else's wrist and hold onto it. Once everyone's wrists are accounted for, instruct the kids to try and untangle themselves, but without letting go of anyone's wrists!
- This is a really fun game which borders on strategy and chaos. Obviously it is important to warn the kids to play this game slowly and gingerly, so that no one gets hurt. In some cases, it might be preferred to allow kids to release a wrist in order to properly untangle themselves. This is a great team building game for kids because it forces kids to work together toward a solution that everyone is aiming toward.
- To make this kids game even more of a team building activity, you can

instruct the kids that they cannot speak – thereby forcing them to strategize with body language, which likely increases the team chemistry that the game sets out to teach.

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## **Traffic Lights!**

### How To Play:

- This is a classic team building kids' game which can be modified to increase the chemistry and team building between kids. The classic version involves an adult standing at the head of a room, intermittently shouting out 'RED', 'YELLOW', or 'GREEN'. The kids stand at the opposite side of the room, and can run forward on GREEN, must stop at RED, and can walk slowly on YELLOW. The kids' twist is to have a kid become the traffic light. And if there are enough kids, then they can be broken up into two separate teams. And the team that completes the Traffic Lights challenge first, by getting all kids to their side first, wins!
  - The team building aspect here is that the traffic light representative is on the other team, and the kids trying to race across the room are not racing against each-other, but rather collectively, in order to beat the other team of racers. This way instead of competing with each-other, they must collectively defeat the traffic light, and the other team.
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## **Forehead Dots**

### How To Play:

- This is a really easy activity game to set up, but really hard for kids to solve! That's precisely why this is a great team building activity for kids. Each kid gets a colored dot, which is then lightly taped onto their forehead.
  - Each kid must then figure out what color dot is on their forehead, but obviously without asking any other kids for help. Depending on the number of kids, there will be only a few colored dots (so a few kids will have the same color). This is a great team building game, because it forces kids to communicate non verbally.
  - The first team that arrives together (with the correct colored dots on their heads) is the winner!
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## **Ship Captain (A.K.A Port & Starboard)**

### How To Play:

- One player is chosen as the captain. S/he calls out orders to the rest of the players who are the crew. If a player does not follow an order correctly, s/he is out. (This decision is made by the captain who is always right.)

### Orders:

- **To the ship:** run to the captain's right
- **To the island:** run to the captain's left
- **Hit the deck:** lay down on your stomach (or if players don't want to get dirty, they can crouch down)
- **Attention on deck:** salute and yell, "Aye, aye captain!" -- players may not move now until the captain gives the order of, "At ease!" (ie even if the captain gives a different order such as "to the ship" the crew must continue to remain at attention until told "at ease")
- **Three men in a boat:** the crew must form groups of three and sing "Row, row, row your boat" Anybody who is not in a group of three is out.
- **The love boat:** crew members grab a partner and dance. Anybody without a partner is out.
- **Clear the deck:** everyone must have their feet up off the floor
- **Scrub the deck:** everyone on their knees scrubbing
- **Captain's Quarters:** everyone ran towards the captain.
- **Man-over-board:** Players must find a partner as quickly as possible. One partner must lay on their stomach while the other places their foot on their partner's back. Children without a partner or pairs that are too slow are eliminated.
- **A Periscope:** Every player falls on their back and sticks one leg in the air. The last ones are eliminated.
- **SHARK!!!!:** Everyone must run to a designated base (multiple bases can be used). The last player to the base is eliminated.
- **Crow's nest:** All players must find a partner. The lightest player rides on their partner's back. Those without partners or who assemble the crow's nest too slowly are eliminated.
- **Three maids in a row:** Children form groups of three and sit in a vertical row. The players who are the odd-man-out are eliminated.
- **Sick turtle:** Everyone falls onto their backs and waves hands and feet in the air.
- **Bow:** Run to the front of the boat
- **Stern:** Run to the back
- **Port:** Run to the left side of the boat
- **Starboard:** Run to the right side of the boat.
- **Row the Boat:** Each player finds a partner, sits face to face, holds hands, and pretends to row a boat. Players who can't find partners or who are too slow are eliminated.