

let's play...



musical statues

Equipment needed - music player

Pick a games leader who is in charge of the music. He or she plays the music while everyone else dances around the room. When the music stops, everyone must freeze like a statue. The last person to stand completely still is out, and anyone moving when the music is not playing is also out. The game continues until the person left at the end is the winner.

AGE 2 AND UP



hop about!

One player is the 'hop leader' while all the others have three lives. The hop leader picks a magic word, and every time they say it, all players must hop three times on the spot. Each time they miss it, they lose a life. When all their lives are gone they're out of the game.

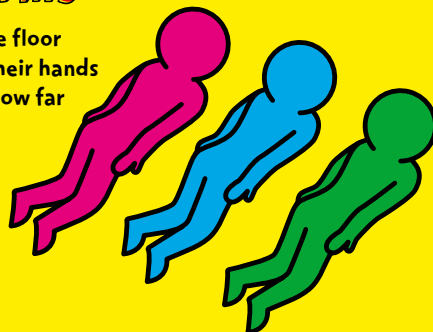
AGE 2 AND UP



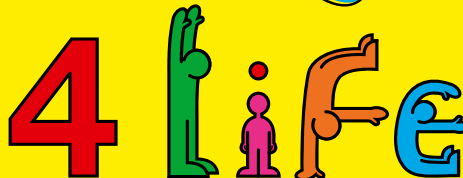
wiggly worms

Ask the kids to lie on the floor on their tummies with their hands by their sides, and see how far they can wiggle around the room.

AGE 1 AND UP



change



Eat well Move more Live longer



penguin shuffle

Equipment needed - a small beanbag
Players stand side by side with their 'eggs' (small objects, like beanbags) balanced on top of their feet. The first one to shuffle across the room without dropping their eggs wins.

AGE 2 AND UP

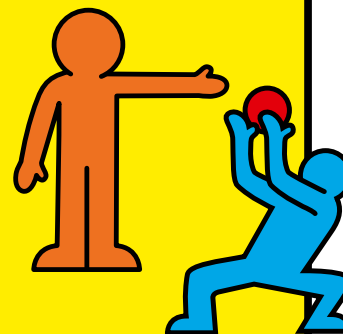
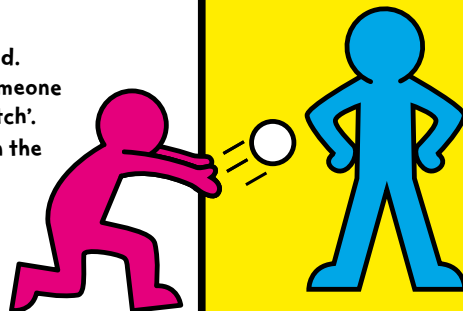


catch don't catch

Equipment needed - ball or small beanbag

Players stand in a circle with their arms crossed. One person in the centre throws the ball to someone in the circle, saying either 'Catch' or 'Don't catch'. If they say 'Catch', the player should not catch the ball and must not move their arms. If they say 'Don't catch', the player should catch the ball. If a player does the wrong thing or misses the ball, they're out!

AGE 3 AND UP



hot potato

Equipment needed - ball or small beanbag

All players stand in a circle and one person stands with his or her back to the circle and does not watch where the 'potato' is. Everyone passes a ball or small beanbag (or anything else for that matter) from person to person. When the player with his or her back to the circle shouts 'stop', the person holding the potato is out. The game continues until the person left at the end is the winner.

AGE 3 AND UP