

Active Bodies, Active Minds



Below are 15 games that will keep your children active. Your instructor will assign each person one or two games. Your job is to find out how the games are played and to come back and tell the rest of your group.

- Duck, Duck, Goose
- Red Rover, Red Rover
- Hokey-Pokey
- Hopscotch
- Red Light, Green Light
- Snow Snake
- London Bridge
- Farmer in the Dell
- Ring around the Rosy
- Simon Says
- Follow the Leader
- Leap Frog
- Dodge Ball
- Musical Chairs
- Sardines

The Game: _____

How to play: _____

What's needed: _____

How to make it safe: _____
