

FUN ZONE

GREAT GAME IDEAS FOR KIDS

Are you looking for some new and creative ways to get your kids moving? Here is a list of some fun ideas to get you started. Play together as a family, with grandparents or use these ideas to encourage your child(ren) to get active with their friends.

Don't be afraid to change the rules, or to add some new components to the games. Better yet, think of some games that you used to play as a child and share those game ideas with your children/grandchildren. It's more fun when you get creative!



Flashlight Hide and Seek

Equipment: One or two flashlights (darkness)

Play: This game is played in the dark (i.e. at night in the backyard or in a darkened room). One person (named It) holds the flashlight (turned off) and counts to 50. Everyone hides while It counts. It looks for the other players with the flashlight turned off. When he/she finds someone, they shine the flashlight on that person. That child now takes the flashlight and goes to find the other hiders. This can go on for a while without having to recount and re-hide.

Four Squares

Equipment: Heavy-duty rubber playground ball, driveway or concrete space for a 10-ft. square, chalk

Play: Draw off a 10-ft. square with the chalk, and then divide into 4 even squares. In a clockwise direction, number the squares 1-4. Draw a diagonal line in the "1" box to designate the square as the serving spot. 1 serves by bouncing the ball into any of the three boxes, trying to prevent that player from bouncing it back in his box. If the player returns the ball to the 1 box, she/he stays, and the 1 player is out. If not, the other player that hit the ball last is out. The next player moves into the 4 box, and the players move up (to box 3, 2 or 1). The object of the game is to move up to the 1 box, and stay there.

Horse

Equipment: Basketball hoop/net and ball

Play: In order, each player tries to make a basket. If the first player scores a basket, the next player must shoot the same shot. If the second player scores the basket, the next player tries the same shot. If a player misses the shot, he/she gets an "H", and the next player starts over with a shot of his choice. With each missed shot (only after the previous player makes it), players add another letter until they have spelled "HORSE" and are out. The game continues until only one player is remaining.

Kickball

Equipment: Heavy duty rubber playground ball, bases (i.e. hula hoops)

Play: Kickball is simply an adapted game of baseball or softball. The pitcher rolls the ball to the kicker, who kicks it strategically. Field players may tag the runner while carrying the ball or throwing it at the runner and making contact.

Box Ball

Equipment: Ball, sidewalk.

Play: Box Ball transforms two sidewalk squares into an outdoor version of ping-pong or, perhaps more accurately, a postage-stamp-sized game of tennis. Each player serves, volleys, and defends his/her square. The lines (or "cracks") around the concrete define the court; the seam between the two squares is the imaginary net.

The first player to twenty-one is the winner. The ball is slapped back and forth between the boxes with an open palm. The ball must be returned to the opponent's box after one bounce or on the fly. Loss of volley happens when a player steps out of the playing court, fails to return a shot, or when the first bounce of the return shot lands out of the opponent's box.

Family FUN ideas: write down some of your favourite games to keep on the list of things to do.