



Healthy Kids Club

ACTIVITIES FOR LARGE GROUPS

Activities for group of 10+ children that can be played indoors or outdoors.

BOB THE WEASEL



Activity description:

Have one student stand in the middle of the circle to be "Bob the Weasel." Have the students in the circle start with their hands behind their backs and have them discreetly pass the object around the circle while saying "Bob the Weasel, keep it going, keep it going!". They should do this so as to not get 'Bob's' attention. If "Bob" can correctly guess who has the object, the student with the object becomes the new "Bob."

Equipment required: Small object that can fit in a child's hand (paper clip, etc...)

STUCK IN THE MUD



Activity description:

The goal of Stuck-in-the-Mud is to avoid being tagged by the "Its" (taggers) while freeing others who have been tagged. Mark off a large square as the game's playing boundaries. When the music starts, fast walk (or switch it up so the students skip, side-slide, gallop, run) within the boundaries and avoid being tagged by an It. If tagged, stand in a straddle position (feet wide apart) with your arms straight up. You are "stuck in the mud!" Ask for help by telling everyone, "Help, I am stuck in the mud!".

- Players: Free those stuck in the mud by crawling through their legs!
- Its: safely and gently tag as many as you can. You may not tag anyone while they are crawling through someone's legs or getting up.
- Play 2-3 minutes, then stop and designate new Its.

Equipment required: Boundary markers (like cones) and music

ALL OVER



Activity description:

Divide students into two teams and give each team an equal number of balls or objects. Divide the room by creating a line or 'territory.' Once the music or timer starts, students work with their team to move the objects or balls onto the other team's side of the line. If one team gets all of the objects or balls on the other team's side, they yell "all over!" If neither of the teams can get all of the balls on the other side within a specific time frame, the team with the fewest balls on their side wins.

Equipment required: Lots of lightweight balls or objects

ROCK, PAPER, SCISSORS TAG



Activity description:

The objective of Rock, Paper, Scissors is to win a match by making a shape with your hand that defeats your partner. Demonstrate the rock, paper, scissors movements with your hands (also can come up with full-body movements for each - jumping with arms overhead for paper, out wide for rock, and crossed for scissors). To play our tag game, face your partner and say, "Rock, Paper, Scissors", then you both show your choice. The winning partner chases and attempts to safely tag their partner before their partner reaches the end line. If the "winner" tags the partner before they reach the end line, the winner gets a point. If the person fleeing makes it to the end line first, they get the point. At the end of each round, both partners return to the midline to start another round. Switch partners often.

Equipment required: 5 cones (for playing boundaries and center)



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CAT AND MICE



Activity description:

The object of Cat and Mice is for the mice to get as close to the cat as possible but not get eaten (tagged) by the cat when it's "dinner time." Select one student to be the 'cat' - they stand with their back turned to the 'mice' who are lined up on the opposite side of your playing area.

- The mice call, "Kitty Cat, Kitty Cat, what time is it?" and the cat calls out a time, such as 10:00.
- The mice then take that many (10) steps toward the cat and they ask what time it is again.
- Repeat as many times as the cat chooses, until mice get close to the cat.
- When the cat feels that the mice are close enough and when the group yells "Kitty Cat, Kitty Cat, what time is it?" the cat says, "Dinner time!" and runs after the mice.
- The mice retreat to their start line while the cat tries to tag as many mice as possible.
- The last mouse caught becomes the cat in the next round.

Equipment required: 5 cones (for playing boundaries and center)

LOOK UP, LOOK DOWN



Activity description:

Have students form a circle and start off by looking down. When the music stops, have the students look up at someone. If two people make eye contact, they must scream and leave the circle. The outside of the circle has to perform different activities (jumping jacks, skipping in place, etc...) while the music is going on. The game continues until the last person to have no one to match eyes with wins!

Equipment required: Speaker for music

TENT SET UP



Activity description:

This game is played by having each student pair up. The game begins with each pair sitting on the ground with their backs facing each other and their arms hooked. Then, they should use each other's backs to stand up from the ground. Make sure the students do not use their hands! Once they have successfully stood up, each pair should find another pair to partner with. The process repeats itself with four people now. The game continues until everyone is trying to stand up together as a whole group.

Equipment required: None.

STEAL THE APPLE



Activity description:

Divide the students up into two teams and give each student a number that corresponds with a number on the other team. Start the game by placing an object in the middle of the two teams. Once you call a number, the students with that number on each team have to race to collect the object in the middle. Continue the game until all of the objects have been collected and the team with the most objects wins.

Equipment required: Small, easy-to-grab items (tennis balls, stuffed animals, etc...)