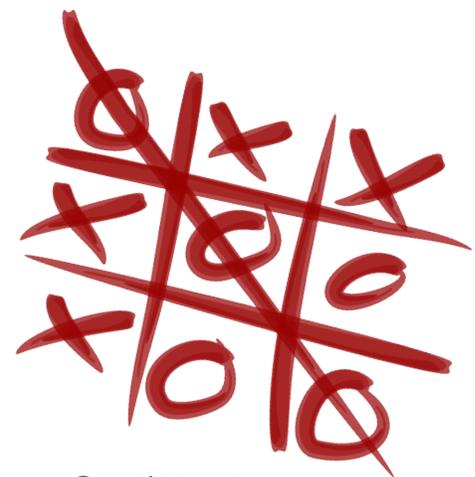


# Simple Activities for Children and Adolescents

## Activities that require limited supplies for daytime or lighted areas:

- \_\_\_ Crumble up a wad of paper and play a ball game (basketball, baseball, blowing the ball across a table into a goal).
- \_\_\_ Play "Marbles." If no marbles are available use rocks or pebbles. Draw a circle and see who can knock the marbles out of the circle using their marbles.
- \_\_\_ Play "Hangman." Choose one person to be the "host." If you are the host, choose a secret word. Draw a blank line for each letter in the word. Have players start guessing letters to fill in the blanks. Draw part of the "hangman" when the players guess wrong. Whoever guesses the word before the entire hangman is drawn gets to pick the next word.
- \_\_\_ Make paper airplanes, origami, or paper boats.
- \_\_\_ Trace a child's hand or draw a random shape and see what animals you can make out of it.
- \_\_\_ Write letters to friends or family.
- \_\_\_ Play "Tic-Tac-Toe." Make a three by three grid on a piece of paper. One person is the "X" and the other is the "O". The player who succeeds in placing three of their symbol in a row wins.
- \_\_\_ Play "Hidden Words." Have everyone agree on a key word, which must be at least seven letters long. Then have players try to find as many smaller words inside the key word by rearranging the letters. For example if kitchen is your key word, hidden words inside of that would be itch, it, kit, etch, etc.
- \_\_\_ Play "Find a Word." Make a grid of random letters interspersed with horizontal, vertical, and diagonal words and have the child circle the words when they find them.
- \_\_\_ Play "Five Questions." Write down five questions such as:
  - \* What is your favorite color?
  - \* What is (or was) your favorite subject in school?
  - \* What is your favorite song?
  - \* What is your favorite food?
  - \* What is your favorite book?
 Each person has to answer the questions. Once the first set of questions have been answered let another player come up with the next set of questions.



Play Tic-Tac-Toe

# Simple Activities for Children and Adolescents

- \_\_\_ Play "House of Cards/Blocks/Coins." Using a deck of cards, blocks, coins, choose a flat surface and have each person build a house. Whichever house stands the longest wins.
- \_\_\_ Play "Tug of War." Find a level, grassy area and make a center line on the ground. Get a long rope and mark its center; put the rope's center on the center line you created on the grass. Form two lines, one on each side of the center line. Each line or team will grab their side of the rope. At a start signal, each team will pull their hardest to try to get the other team on their side on the center line.
- \_\_\_ If a ball is available, play toss, softball, kickball, or another game that a ball is needed for.
- \_\_\_ Have a treasure hunt where you write down clues on slips of paper that lead children to a "treasure".
- \_\_\_ Have a scavenger hunt where you make a list and have children compete to collect the most items.
- \_\_\_ Have an impromptu camp out using sheets or blankets to make tents over furniture.
- \_\_\_ Play "Guess the Object." Select an object and hand it to a child under a cloth while their eyes are closed or blindfolded. He/she feels the object to determine what it is they are holding. When the child guesses correctly offer another object to guess. If the child has difficulty, give clues or allow the child to ask questions about what they feel.
- \_\_\_ Play "Guess the Person." Give one word to describe a family members or friend. Ask the child to guess who it is. If the child guesses wrong, give another word that describes that person and then allow for another guess. Continue this process until the child guesses correctly.
- \_\_\_ Play battery powered games.
- \_\_\_ Play card games, board games, or dominoes.
- \_\_\_ Perform simple magic tricks.
- \_\_\_ Play musical instruments or create musical instruments.

Play Tug of War

