

Simple Activities for Children and Adolescents

Activities with no supplies needed:

- ___ Tell stories.
- ___ Tell exaggerated “Stories” of the “old days” to entertain.
- ___ Put on mini plays or skits. Have children act out different characters.
- ___ Play “Story Building.” One person starts the story, and then the other(s) add(s) to it.
- ___ Share secrets, most embarrassing moments, wishes, and/or dreams.
- ___ Make up different dances or dance to known songs (i.e., the hokie pokie). Have a dance contest.
- ___ Play “Name that Tune.” One person hums a tune or says a line from a song and others try to guess the name of the song.
- ___ Play “Hide and Seek.” Designate an area with clear boundaries. Have everyone gather around a landmark that will be home base. Pick a person to be IT. Whoever IT is closes his eyes and counts to a designated number while the rest of the players hide. Once the countdown is done, IT says “Ready or not here I come” then goes to look for, and find, the hidden players. The first player found will be IT for the next round. Repeat.
- ___ Play “Tag” or some variation. Examples include Freeze Tag (when people are tagged they freeze into position. Others who have not been tagged can unfreeze them by touching the frozen person or crawling through their legs). TV Tag (a player who is tagged by the person IT can be unfrozen by answering or naming something in a category that IT has established. Example - IT says “cartoons.” When a player is tagged they can say the name of a cartoon to become unfrozen.) Finally, Duck, Duck, Goose (players sit in a circle. IT walks around gently tapping everyone on the head saying “duck.” The person who is it will choose a different player to be it by touching their head as he passes and says “goose.” She will get up and try to tag him before he gets to the empty spot in the circle.
- ___ Play “Simon Says.” One player is designated Simon and the other players do whatever Simon says as long as he says the phrase “Simon says” before the command. If Simon does not say “Simon says” before the command, the players don’t move. Any player who acts without hearing “Simon says” is out of the game. The winner is the last player left.
- ___ Play “Mother May I.” One player stands far away from the others and is the “mother” while all of the other players stand in a group. Mother calls the name of one of the player and says “(insert name here), you may take (insert numbers) steps.” The player then must remember to say “Mother may I?” before moving the allotted number of steps. Mother will either answer “yes” or “no.” If the player fails to ask and takes a step without permission or moves prior to Mother’s response she must go back to the starting line. The first to reach Mother wins and is the new mother. Mother can also call out the types of steps being called (i.e., baby steps, giant steps).



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- ___ Play “Sound Search.” Everyone sits still and identifies as many different sounds as possible.
- ___ Play “Red Rover.” Separate everyone into two equal teams. Have each team stand in a straight line, holding hands. The two teams should be facing each other, about ten yards apart. Team A decides who to “call over” from Team B and they chant, “Red Rover, Red Rover, we call (name) over!” The player from Team B who was called must run to Team A and try to break through the arms of the other team. If the person breaks through the line, they add to that team’s chain. Continue playing until one team only has two people.
- ___ Play “Wheelbarrow Races.” Partner up and have teams of two line up at a starting line. One partner faces the finish line and places his/her hands on the ground and feet in their partner’s hands. At a signal to start, the teams walk to the finish line this way. The first team to cross the finish line wins.
- ___ Play “Marco Polo” on land. One player is IT and is blindfolded and spun around couple of times. IT closes his/her eyes and counts to 20 to allow other players time to move away and hide. The players stop where they are when IT reaches 20 and stay in those positions until the end of the game. IT yells out “Marco” and the players have to respond with “Polo.” IT uses these responses to find the other players. As the other players are tagged, they are eliminated from the game. The winner is the last person standing who has not been tagged.
- ___ Play “Follow the Leader.” Players line up and walk behind the leader, copying whatever the leader does.
- ___ Play “Charades.” One person (or team) acts out a movie, book, or TV show using only body language while others try to guess what she is acting out.
- ___ Play “Encore.” Assign common words to two teams who take turns trying to think of a song that contains each word. Each team must be able to sing at least eight words of the song in order for the turn to count.
- ___ Play “20 Guesses.” Think of a noun, cartoon character, singer, movie, book, television show, or sports star. Have the players take turns guessing what IT is thinking. Answer the guesses with yes, no, sometimes, usually, or rarely. When the 20 guesses are up, the players get a final guess. If no one answers correctly, the answer is given.
- ___ Play “Rock, Paper, Scissors.” Two people move their fists up and down three times while saying together “rock, paper, scissors.” On the fourth downward motion each person chooses a gesture:
 - * Rock: a closed fist
 - * Paper: a flat, open hand
 - * Scissors: index and middle finger extended out to look like scissors
 - * Winning: Rock smashes scissors, scissors cut paper, paper covers rock.
- ___ Exercise. Take a walk, do a dance, do yoga, stretch.
- ___ Go outside at night and point out different constellations.

Red Rover ... Red Rover ... Let Sally Come Over ...



Simple Activities for Children and Adolescents

Activities to do in the car:

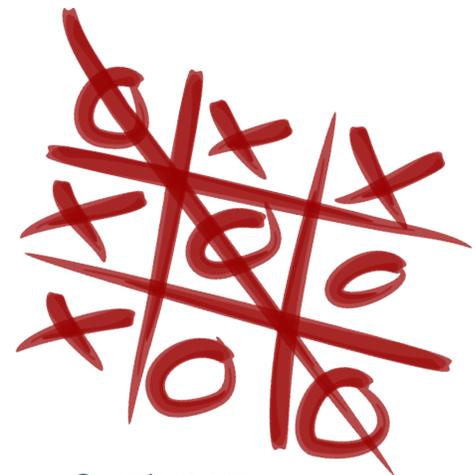
- ___ Tell stories.
- ___ Tell exaggerated “Stories” of the “old days” to entertain.
- ___ Play “Story Building” One person starts the story and then the other(s) add(s) to it during their turn.
- ___ Share secrets, most embarrassing moments, wishes, and/or dreams.
- ___ Play “Name that Tune.” One person hums a tune or says a line from a song and others try to guess the name of the song.
- ___ Play the “Alphabet Game.” Try to find all of the letters of the alphabet (in order) on roads signs, billboards, etc. Letters can come from any sign as long as it is outside of the car. Letters must be the first letter of a word. The first person to call out a letter on a sign gets credit for that letter, and the first person to get through the alphabet to Z wins.
- ___ Play the “License Plate Game.” Have a list or map of the 50 states and mark off or write down the states of license plates that you see. The first person to see and call out the name of a state on a license plate gets to put that state on his or her list, or everyone can work together to make the list of states.
- ___ Play “Count the . . .” Take turns picking an object to count (cows, motorcycles, semi-trucks). First person to see the object gets to count it. The person who counts the most objects in a certain time wins, or everyone can work together to count an object.
- ___ Play “Encore.” Assign common words to two teams who take turns trying to think of a song that contains each word. Each team must be able to sing at least eight words of the song in order for the entry to count.
- ___ Play “20 Guesses.” Think of a noun, cartoon character, singer, movie, book, television show, or sports star. Have the players take turns guessing what IT is thinking. Answer the guesses a yes, no, sometimes, usually, or rarely. When the 20 guesses are up, the players get a final guess. If no one answers correctly, the answer is given.



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" who chooses a secret word. Draw a short blank line for each letter in the word. Have players start guessing letters to fill in the blanks. Draw part of the "hangman" for each wrong guess. Whoever guesses the word before the entire hangman is drawn gets to pick the next word.
- ___ Make paper airplanes, origami, hats, paper doll chain, 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 his symbols in a row wins.
- ___ Play "Hidden Words." Have everyone agree on a key word, which is 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 across 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 her eyes are closed or blindfolded. She feels the object to determine what she is holding. When she guesses correctly, offer another object to guess. If she has difficulty, give clues or allow her to ask questions about what they feel.
- ___ Play "Guess the Person." Give one word to describe a family member 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



Simple Activities for Children and Adolescents

Activities that require limited supplies for nighttime or dark areas:

___ Play "Shadow Puppets." Create shadow puppets using a flashlight and your hands.

___ Play "Shadow Drawing." Tape large sheets of paper on the wall. Have your child stand in front of the paper. Using a flashlight, cast a shadow on the paper. You or other children can trace the child's shadow on the paper. Then have your children color or draw in the features.

___ Play "Museum After Dark." The "museum guide" has a flashlight. The rest of the players spread out and strike interesting poses as if they are a piece of art. The museum guide walks around and examines each piece of art using funny words to describe what they see. If the museum guide can make the "Art" laugh or move that person becomes the new guide.



___ Play "Sleeping Pirate." The "pirate" has the flashlight and sits at one end of the playing area with treasure (any objects the group chooses). The other players line up in the corner of the other end of the room. Each player tries to sneak up and take the treasure from the pirate without being heard. If the pirate hears a sound, they shine the flashlight in that direction. If the light tags a player he must go back to the starting line. The first player to get one of the treasures becomes the new pirate.

___ Play "Flashlight Scavenger Hunt." Call out different objects in the dark room or other clues for the players to find. The first person to shine their light on that object then gets to pick the next object.

Supplies for Your Family Fun Kit

Don't forget (circle the items you put in your kit):

Flashlight with extra batteries

Paper

Deck of cards

Dominos

Small board games

Jump rope

Books

Towels

Favorite blanket

Pens, pencils, crayons, markers, chalk

Coloring books

Other card games (i.e., Uno, Go Fish)

Marbles

Balls (i.e., tennis)

Puzzle(s)

Extra batteries or chargers for games

Sheets

Stuffed toy

Talk to your children about other items they want to include that are not listed above.
