

More **Fun Games** to Play Outside

Sausage

Everyone sits in a circle. The person who is it stands in the center of the circle. Each person asks the person who is "it" an appropriate question. The only answer to every question can be sausage. The first person to make the center person laugh wins a try in the middle. Ex: What color is your hair? Sausage. What do you brush your teeth with? Sausage. (Other words besides sausage can be used for variety).



Ghost in the Graveyard

One person will be the ghost. The rest of the group will stay on "base" and count "one o'clock, two o'clock, three o'clock, rock" until you get to midnight (after every 3rd number say "rock"). Then the whole group goes to search for the ghost. Whoever finds the ghost yells "ghost in the graveyard" and everyone in the group makes a mad dash back to base. Whoever is tagged by the ghost will be the next ghost. It is best to play when it is early evening or dark.

Doggy Doggy where's your  ?

One person plays the part of the dog. He or she sits in a chair with their back to the class. An eraser or another object is put under the chair. That is the bone. While the dog has turned around with his or her eyes closed someone sneaks up and steals the bone and hides it somewhere on his person. Then everyone would sing: "Doggy, Doggy, where's your bone? Somebody's stole it from your home. Guess who it might be!" Then the dog has three chances to guess who took it. If the dog guesses right then he gets to do it again. If he guesses wrong then the person who had the bone gets a turn as the dog.

Hacky Sack

Gather players in a circle about four or five feet across. Serve the hacky sack to any player by tossing it gently, about waist high. Keep the hacky sack in the air using any part of the body but your arms or hands. Pass the hacky sack back and forth around the circle of players for as long as possible. The feet, chest, head, shoulders and knees can all be used to control a hacky sack.

Spud

Players stand in a close circle as one person throws the ball into the air. The person throwing the ball is to shout out someone's name. All other players run away from the circle. The person that was called is to get the ball and shout, "freeze!" before the other players run away. The person with the ball is roll the ball and hit any player. If a person is hit they are assigned a letter starting with S from the word S-p-u-d. If the person throwing the ball misses then they are assigned a letter. The targeted player will be the one to throw the ball next. The game begins again. Once a player has been given all the letters to spell SPUD, they are out of the game.

Kick the Can

This is an exciting combination of hide and seek and tag. One person closes their eyes and counts to some high number, while everyone else hides. Then, the person who counted (who has incidentally been guarding "the can") has to run around the neighborhood and find everybody. The tricky part is that once a person is found, they have a race, where the person who has just been found has to try to kick the can over before the counter tags them. When that game gets boring, there seems to always be those kids who will hide in an easy to discover place, with the intent of sprinting for the can if they're caught.

Crocodiles in the Corner

Mark off a square play area. There are safe zones at each of the corners where all the players called Crocodiles will be. The ball thrower will be in the center of the square. When the thrower calls "Crocs In The Corner", the crocodiles have to run from one corner to another without getting hit by the ball. They can go any direction including diagonal as long as they do not get hit. Any player hit by the ball is out. The thrower's turn is up when all players get out. If you have a large group you can have several balls and a couple throwers.

Blindfold Shoe Shuffle

Each person puts on a blindfold and takes off their shoes. They then throw them into a pile in the middle of the floor. The referee then jumbles them all up and then shouts GO! The first person to find their shoes by touch and smell alone and put them on is the winner.



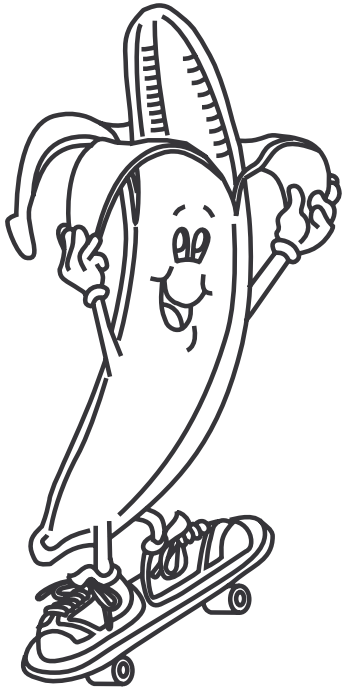
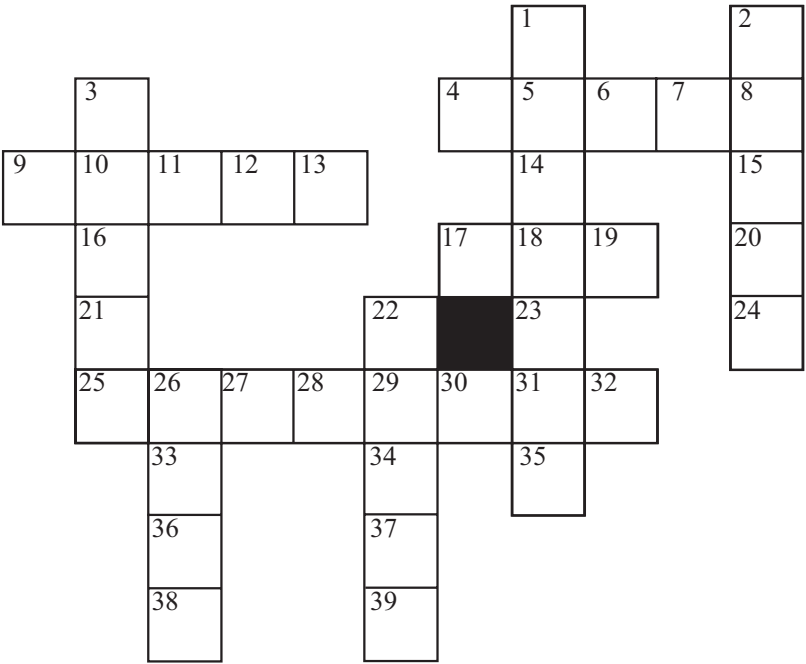
Screen Free Week

Student FUN Pack

gethealthyclarkcounty.org

GET MOVING. BE SAFE. EAT BETTER. LIVE TOBACCO-FREE.

Banana Crossword Fun



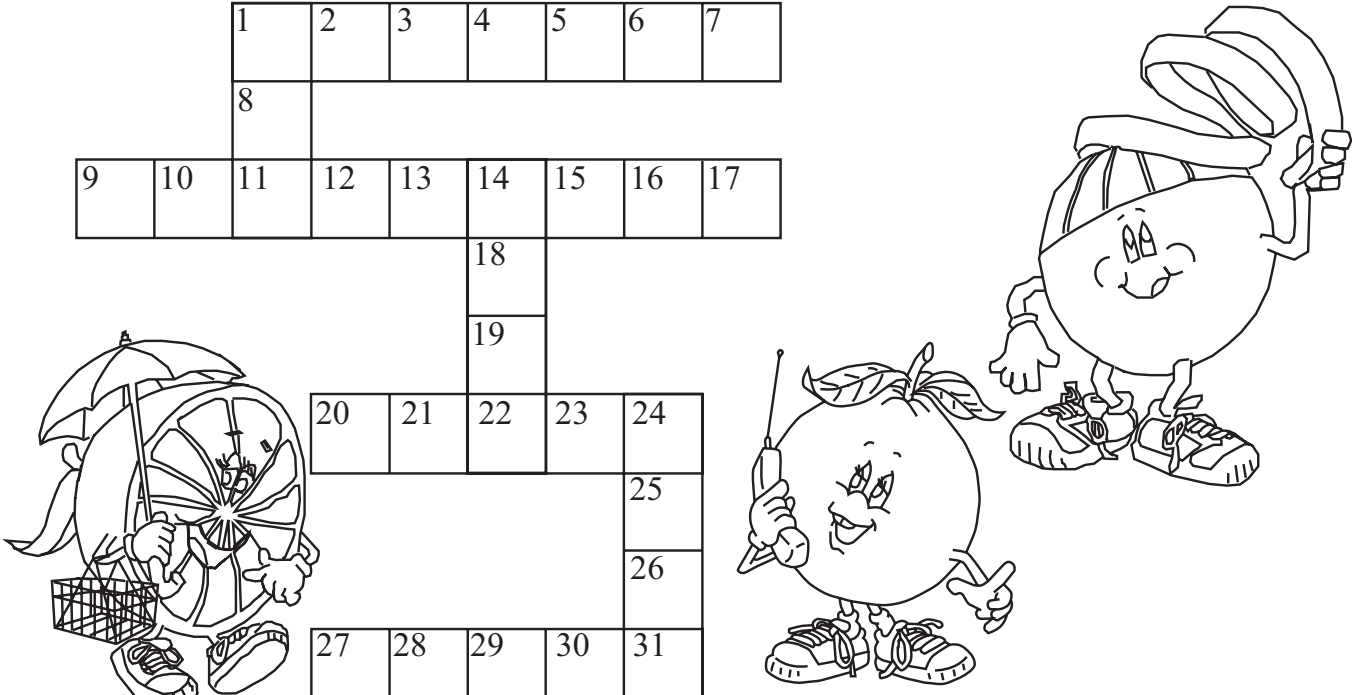
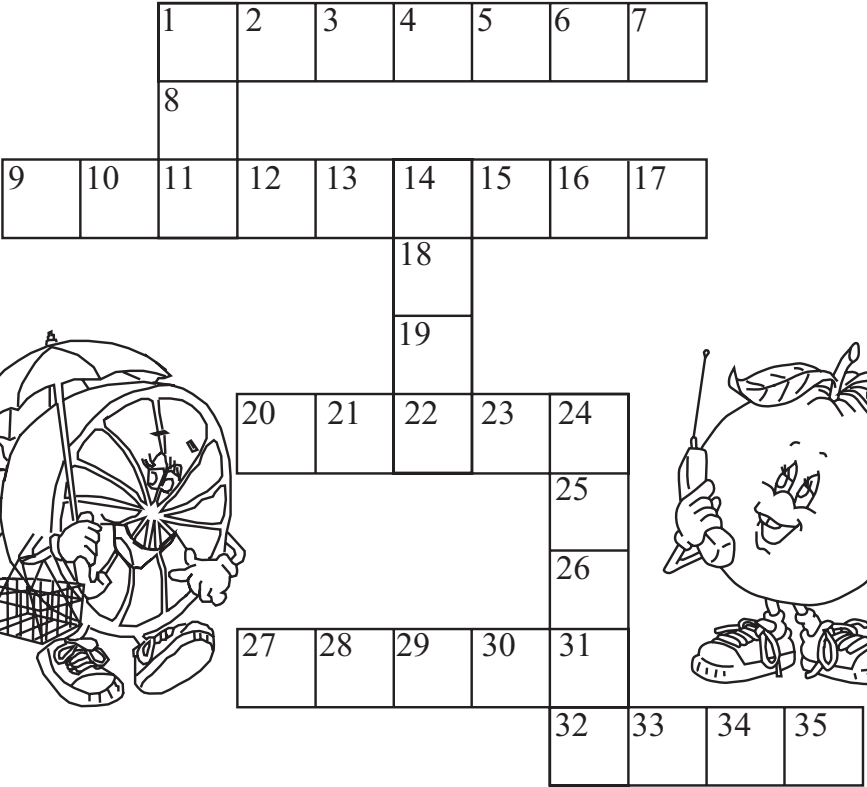
ACROSS

4. Bananas require warm tropical sun, rich soil, and lots of _____
9. Bananas are harvested when they’re _____
17. One banana counts as one serving of your 5 A ____
25. Bananas grow in _____ areas

DOWN

1. _____ are the most popular fruit in America
2. Bananas do NOT grow on _____
3. Bananas were probably the first _____ farmed by man
22. Bananas are a good source of vitamin C, _____ and potassium
26. Store bananas at _____ temperature

Citrus Crossword Fun



Across

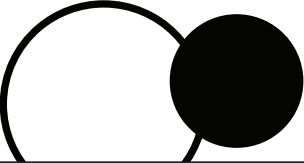
1. _____ are named for their color
9. Grapefruit is great for _____
20. Citrus trees are called evergreens because they are _____
27. You can squeeze oranges and grapefruit to make 100% fresh _____
32. A _____ is a small green fruit that looks like a lemon

Down

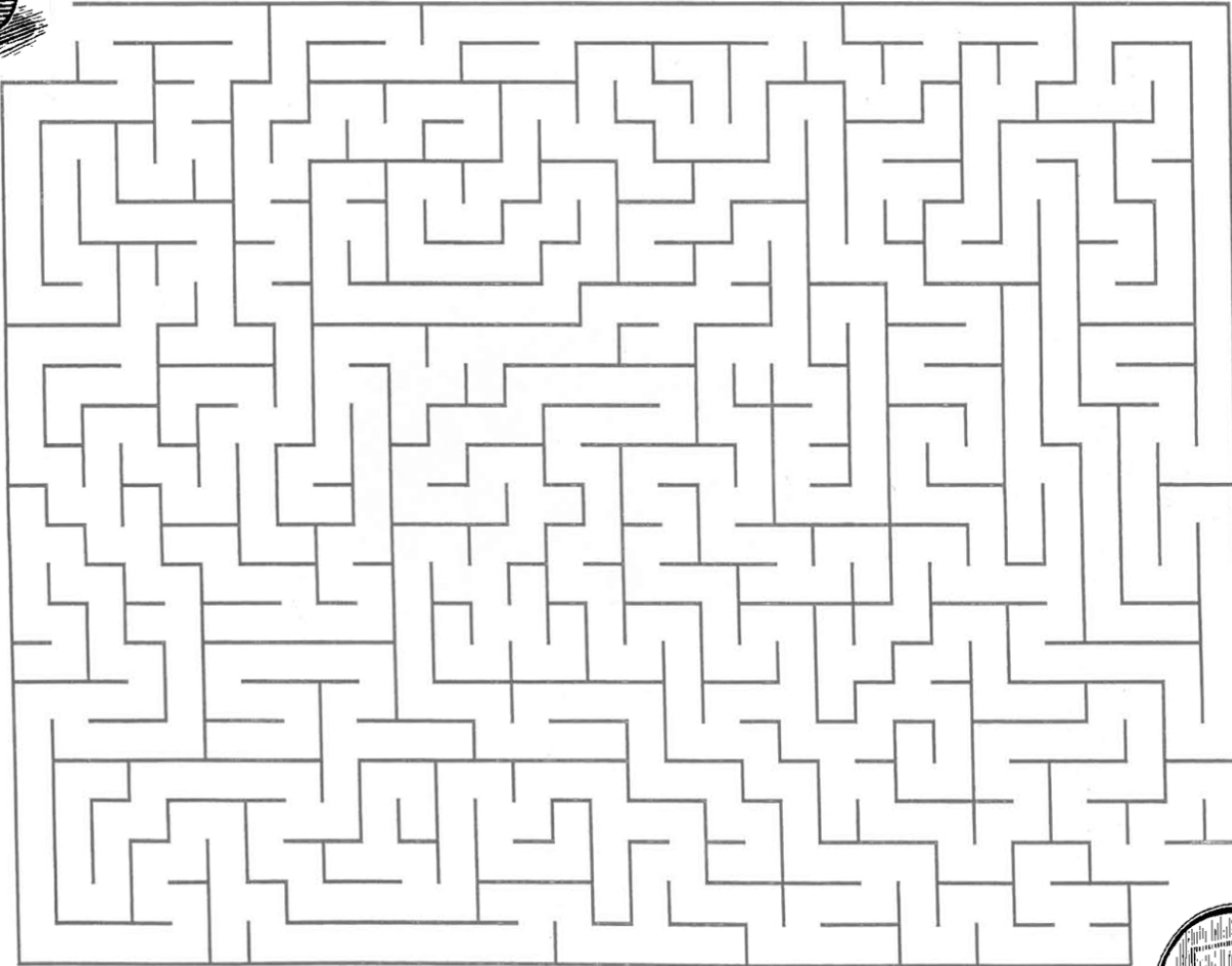
1. ____ orange counts as ____ serving of your 5 A Day
14. Eat _____ servings of fruit and vegetables every day
24. _____ oranges are the most popular “eating” orange

What could you say to a friend or Family member to encourage them to turn off the TV and other screens?

List at least 5 activities you could tell them to do instead of watching TV.



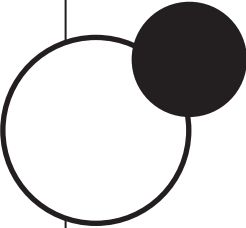
A-maze-ingly Fit!



Fun Fitness Fact

WNBA Player Becky Hammon of the San Antonio Silver Stars once made 38 free throws in a row!

Challenge your friends to see how many free throws they can make in a row!



Word Scramble

letaalksbB

bckilaKI

Jmpu

aIPy

edaR

sbelalaB

corSce

Staek

aTg

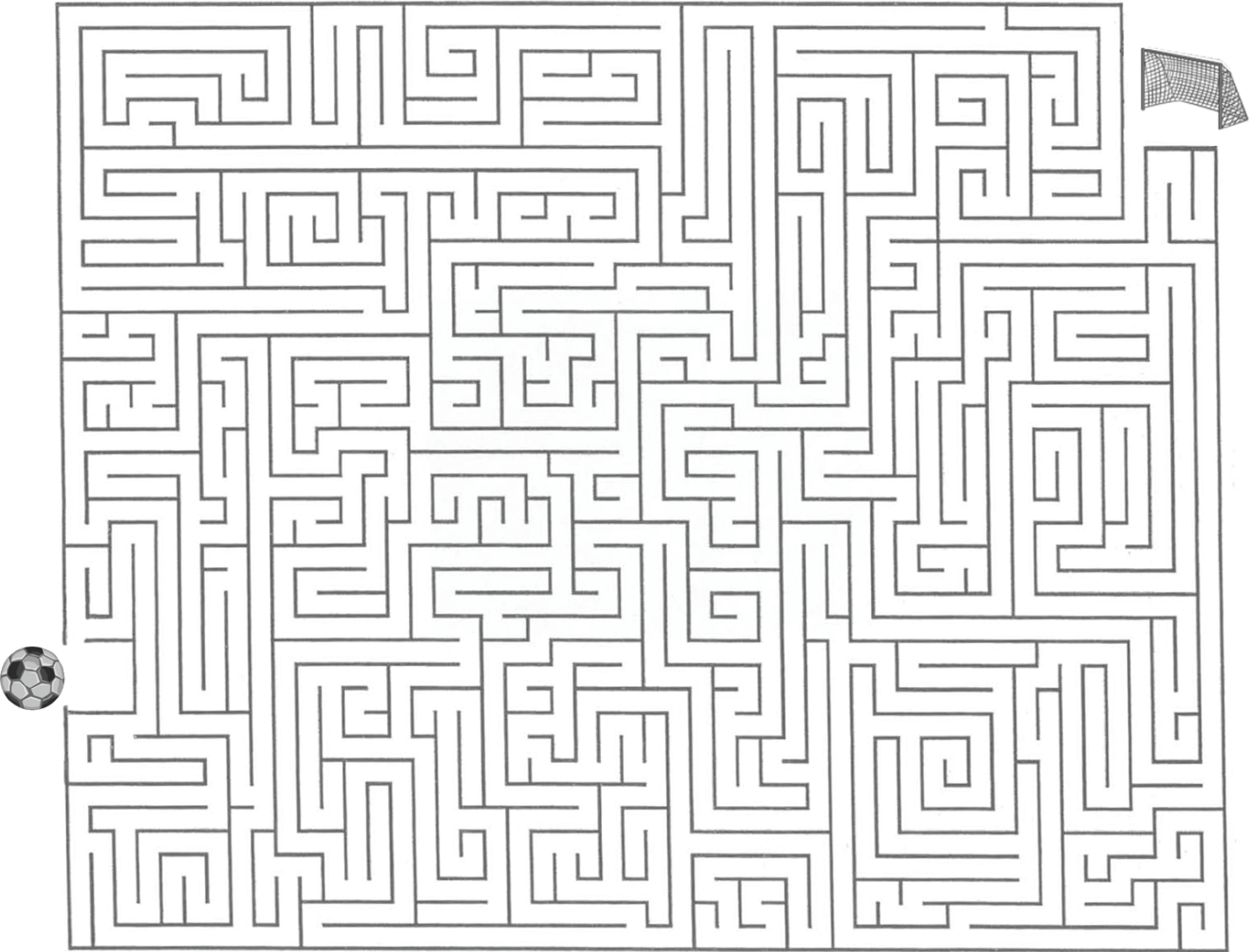
oolaFblt

eamGs

ImiCb

miwniSmg

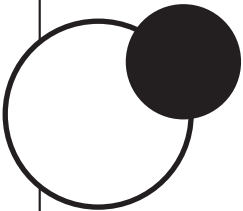
Kickin’ It Maze



Fun Fitness Fact

Martinho Orige of Brazil juggled a soccer ball for 19 hours and 30 minutes non-stop using his feet, legs and head without the ball ever touching the ground.

Challenge your friends to see how long they each can juggle a soccer ball!



Silly Story

Instructions: Without telling a friend anything about the story, ask him/her to give you words to fill in the blanks based on the descriptions in parathensis. Read the story aloud after you’ve filled in all of the blanks.

My Trip to Disney World

Last month, I went to Disney World with _____(Friend’s Name).We traveled for _____(Number of Hours) by _____(Vehicle). Finally, we got there and it was very _____(Adjective). There were _____(Adjective) people _____(“ing verb”) everywhere.There were also people dressed up in _____(Animal) costumes.

I wish it had been more _____(Adjective), but we _____(Past Tense Verb) anyway.We also went on a _____ (Adjective) ride, called “Magic _____ (Noun)”. _____ (Friend’s Name) nearly fell off a ride and had to be _____. (Past Tense Verb)

Later we went to the hotel and _____(Past Tense Verb).

Next year, I want to go to _____(Place), where we can _____(Verb).

TURN OFF the screens and...

1. Learn to play the guitar or other musical instrument.

2. Attend a community concert.

3. Put together a puzzle.

4. Visit the library. Borrow a book or attend library activities.

5. Go ice skating or roller skating.

6. Listen to the radio.

7. Visit the zoo.

8. Paint a picture, a mural or a room.

9. Attend a high school sporting event.

10. Visit your neighborhood park.

11. Go swimming.

12. Plan a picnic or barbecue.

13. Go bird watching.

14. Volunteer for a community organization or charity.

15. Play with your pet.

16. Go dancing.

17. Write a letter to a friend or relative.

18. Learn to cook.

19. Plant a flower, vegetable or herb garden.

20. Read magazines or newspapers.

21. Plan a slumber party.
22. Start a neighborhood basketball, soccer or kickball game.

23. Go camping... even if it’s in the backyard!

24. Join a choir.

25. Go through your closets and clothes. Donate surplus items to a charity.

26. Start a diary/journal.

27. Go to a museum.

28. Take a nature hike.

29. Play cards.

30. Read a story to your younger brother or sister.

31. Get out the family photo album. Research your family history.

32. Make crafts to give as gifts.

33. Make up a story and write it down.

34. Learn to say simple phrases in a few different languages.

35. Ask an older family member to tell you a story about his or her childhood.Write about it.

36. Learn some new riddles or jokes.

37. Go star gazing.

38. Visit a local bookstore.

39. Walk to work or school.

40. Clean the house.

41. HAVE A PARTY to celebrate a TV-free week!

Write your own ideas:

42. _____

43. _____

44. _____



Fun Games to Play Outside

ZOOM and Erp

ZOOM when you’re supposed to ZOOM and Erp when you’re supposed to Erp. Or you’re out!

You need at least 6 people for this game. Players sit in a circle. There are two commands, “ZOOM” and “Erp,” that determine which direction the play moves.

When someone says “ZOOM,” they look to the person to their left and pass the ‘zoom’ to the left, and when someone says “Erp,” it’s passed to the right.

For example, if someone says “ZOOM,” then the player on her left has to say “ZOOM” to the person on her left, or say “Erp” to the person on her right. If someone says “Erp,” then the player on her right has to say “ZOOM” to the person on her left or “Erp” to the person on her right. If a player messes up or doesn’t respond, he’s out. The last three players left are the winners.

Fruit Tag

A fruity, frantic frolic game!

Everyone chooses the name of a fruit and says it out loud. One person starts off being “IT.” “IT” runs toward a player. That player has to call out another player’s fruit before “IT” has time to tag him/her. “IT” then runs to the new player and tries to tag him/her before yells out another player’s fruit. If “IT” tags someone before she yells out another player’s fruit, she becomes “IT.”

I Woke Up Saturday Morning

Don’t be caught napping when the clapping starts!

Players sit in a circle and put both hands out in front of them with palms facing up. Overlap hands so your right hand is above the left hand of the person sitting on your right. One person starts by reaching over with their right hand and clapping the right hand of the person sitting on their left. The clap is passed around the circle while the group says this rhyme:

“I woke up Saturday morning
I looked up on the wall
I saw a team of roaches
playing basketball.
The score was 10 to nothing
the roaches in the lead
I got a can of bug spray... one, two three!”

If a player’s hand is clapped on “three,” that player is out.

If the player pulls her hand away in time, and the person claps their own hand, then that person is out. When there are only two people left in the game, the hand positions change. Player 1 holds both hands out, palms facing up. Player 2 slaps Player 1’s hands with both of his hands, palms facing down. Now, Player 2 holds his hands out, and Player 1 slaps his hands.

Play continues until there is only one person left!

Footsie

Be quick with your feet. To play, you need at least three players. Players lie down and put their legs in the air. One player puts a ball between her feet and passes it to the next player. If a player drops the ball, they are out.

Jump the Creek

Long jumpers needed for creek challenge. This game is for 5 or more people.

To play, you have to set up the creek. You do this by having two people hold two jump ropes that are about a foot apart. Next, players take turns trying to jump over the creek. If they land on or in the middle of the jump rope (the creek) they’re out. When everyone has jumped once, players move the ropes about another foot apart. The person who is able to jump the farthest without falling into the creek is the winner. Happy Jumping!

**Write about
some of the fun
activities you did
during Screen
Free Week!**

