

COME MOVE WITH ME / GAMES

Circle Kick Ball

Introduce a beach ball into the circle. Participants must kick the ball back and forth across the circle. After just a couple minutes, add another ball and then another until there are five or six beach balls in the circle.

The Dog and the Rabbit

This game utilizes two objects easily passed, one larger than the other. The larger object is the dog and the smaller object is the rabbit. Give the larger item to any player and give the smaller item to the player directly across the circle from the first. At the signal, everyone starts to pass the objects around the circle. The objective is to keep the larger item, dog, from catching the smaller one, the rabbit. Once caught, separate them and start again.

Tip the Bottle

Move participants from the circle and into a line or half circle, all facing forward. Set up an array of plastic bottles weighted slightly with rice, dried beans, or grain. The distance from the players will vary with their skill level. Provide participants with bean bags and encourage them to toss their bags at the bottles to knock them over. Taking turns will simplify the game for the “gopher” who will be retrieving the bags.

Adding numbers to the bottles will provide an additional aspect to the game. Direct players to knock over the #10 bottle or to always leave the #1 bottle standing.

Tic-Tac-Toe

Provide a criss-cross game area using masking tape on the floor or ropes; a painted sheet can be folded for storage and used over and over. Divide participants into two teams and give each team different colored bean bags. Draw a number to see who starts and then, one team member at a time, the player tosses a bean bag. Play then moves to the next team. The object is for one team to get three bags in a row. This game can be played inside your large circle or players can be moved into a half-circle. Two bean bags of different colors in the same space cancel each other out.

Balloon Batting

*check for latex allergies or use non-latex balloons

This game is played in the circle. Provide each participant with a "racket" made from a wire hanger and an old nylon. Introduce several balloons. The object of the game is to keep the balloons afloat by batting them with the rackets

Hot Potato

This game is played in the circle. Using an object that is easy to grasp, the “hot potato”, direct participants to pass the item around the circle as music plays in the background. (Be sure the music is loud enough for all to hear) When the music stops, the individual holding the item will be given a rock (small enough to hold easily in one hand). Play resumes. The person with the rock must hold onto it while also passing the hot potato. The second person to be caught holding the hot potato will receive the rock and play resumes. (using a rock may sound odd but a rock is small, easily washed, won't break or roll away when dropped, no one will want to keep it, and it's a bit humorous!)

Bucket Toss

This game is also played in the circle. Place a bucket in the center of the circle and provide everyone with a bean bag or two. Taking turns, move around the circle with each participant attempting to toss their bean bag into the bucket... players toss only one bean bag at a time before play moves to the next participant. Return all bean bags and play again.

Ball Shag

Scatter players in the “field”, keeping them an arm's length near each other. Using a large nerf ball or a play ground ball, toss it toward the field, sometimes do an air toss, sometimes do a bounce toss. Direct the ball to a different player each time but move quickly enough to keep everyone involved. Players catch the ball and toss it back.