

## Indoor games for kids ages 5-8 (Gr R- 3)

### 1. Simon Says

**Equipment:** none

**Number of players:** as many as you like

**Instructions:**

1. Choose someone to be “Simon”
2. Kids must do whatever Simon says when starting a command with “Simon Says” e.g. “Simon Says touch your nose.”
3. If a child fails to do the action before you finish saying your next “Simon Says” command OR if you shout out a command without saying "Simon Says" first and they do it e.g. "Touch your nose", then they are “out” of that game of Simon Says.
4. The last kid that is “in” gets to be Simon.

Tip: If you want to make the game difficult for older kids, simply issue commands faster and faster, and make the needed actions more and more difficult to complete.

\*See CD for examples of Simon Says commands

### 2. Scavenger Hunt

**Equipment:** objects for hiding, pencil and paper

**Number of players:** as many as you like

**Instructions:**

A scavenger hunt is all about finding items from a list in certain rooms or areas. First, find some things around the house or room that you want your kids to locate and a few pieces of paper & pencil. Depending on how many items you want the kids to find and how many kids are a part of the game, you can either hand write the lists of items for each child, or type it up on a computer and print out copies. If the items will be in difficult hiding spots you can write clues next to each item on the list. Now go hide everything! The kids will love the adventure and challenge.

*Variations* – This game can easily be made into a treasure hunt. The hard part is writing the clever clues to go with each item that will help lead them to the next one.

### 3. Hot Potato

**Equipment:** soft ball or rolled up socks, maybe some music

**Number of players:** as many as you like

**Instructions:**

This game can get a little giggly, so be warned! Simply get any soft ball or rolled up socks and underhand-toss it to a child. Instruct them to under-hand toss it to someone else as quickly as possible. Each child repeats this. When does this game end? Who knows? Just get rid of it!

*Variations* – If you have enough children, play short segments of music while they toss the object, stop the music, and the last child to touch it when the music stops is out of the game. Repeat until there is only 1 child.

#### **4. Hide and Seek**

**Equipment:** none

**Number of players:** as many as you like

**Instructions:**

This has to be one of oldest games on planet Earth! I'm sure everyone knows this one!

*Variations* – Hide and seek tag – if someone is about to be caught, they can choose to run away!

#### **5. Duck, Duck, Goose**

**Equipment:** none

**Number of players:** minimum 6

**Instructions:**

1. Choose someone to be the Goose.
2. All the other kids sit in a circle.
3. The Goose then walks around the circle, tapping each kid on the head and says “Duck”. “Duck, duck, duck, duck...” Eventually, the Goose chooses a new Goose and says “Goose!” instead of “Duck” when tapping a person on the head.
3. The old Goose has to run around the circle and try to sit in the spot of the new Goose, while the new Goose has to get up from where they were sitting and chase the old Goose in the same direction.
4. There are two outcomes: 1) the old Goose is able to run around the circle and sit down in the new Goose’s spot without being tagged. The old Goose is now a duck and gets to sit in the circle. The new Goose is now truly the Goose and needs to repeat what the old Goose just did. 2) The new Goose chases the old Goose and tags the old Goose before he/she gets to sit down in the vacant spot in the circle. The old Goose then remains the Goose and repeats what they just did, trying to become a duck sitting in the circle.

## 6. Charades for kids

**Equipment:** \*see animal cut outs on CD

**Number of players:** as many as you like

### Instructions:

1. Before playing, first print off this page of animal pictures. Cut out each individual animal, fold each in half, and put them in a bucket.
2. Begin the game by having the first child choose a piece of paper. The child then needs to act out the animal silently, and all other children need to try to guess what animal is being portrayed.
3. Once the animal is guessed, choose another child who has not picked a piece of paper yet, and then they get to have their fun acting!

*Variations* – If a child is having difficulty silently acting the out the animal, then you can let the child try to make the sounds that the animal makes.

\*See CD for cards about animal actions and types of feelings

## 7. Indoor Obstacle Course

**Equipment:** pillows, cardboard boxes, skipping ropes, class room furniture or whatever you can find!

**Number of players:** as many as you like

### Instructions:

Here are some ideas for your course that you obviously could put in any order:

- a. Put down pillows or couch cushions and the kids need to jump from one to the next. Alternatively, the kids could need to jump over the pillows or cushions!
- b. Climb over ottomans.
- c. Allow only jumping/somersaulting/crawling/crab walking from one area of the course to another.
- d. Put down some Balance Beams - Go get the masking tape and tape down a line of any length. Challenge the kids to only walk on the line all the way to end. And definitely tape down further lines at different angles. Spirals and zig-zags are always fun.
- e. Crawling through tunnels made from blankets or sheets hung over chairs and couches.
- f. Perform various exercise like 20 jumping jacks.
- g. Toss 5 sock snowballs from into laundry baskets. Throwing stuffed animals also works here.
- h. Crawl under tables

*Variations* – For older kids, time them to see how long it takes them to go through the whole course.

## 8. Musical Chairs

**Equipment:** chairs, music

**Number of players:** 4 or more (and one additional person to stop the music)

**Instructions:**

1. Place chairs in a circle - have as many chairs there are children.
2. To begin each child sits on a chair.
3. When the music begins, the kids get off their chairs and walk in a circle around the set of chairs.
4. Meanwhile, someone removes one of the chairs.
5. Once the music stops that kids must rush to find a seat.
6. The person left without a chair is out!
7. The winner is the last person to have a chair.

*Variations* – If you don't have enough chairs, then you could substitute for pieces of colored construction paper taped to the ground. When the music stops, the child who gets both feet on first claims the spot. Or you could even use both chairs and paper!

## **9. Rock, Paper, Scissors**

**Equipment:** none

**Number of players:** maximum 3 at a time

**Instructions:**

Use this game to settle something when you don't have a coin to flip!

The rules are:

1. Rock beats scissors
2. Scissors beats paper
3. Paper beats rock

*Variations* – Try holding a tournament! You can get as fancy as you want, writing down the tournament brackets of all the children on paper, or having each child play all other children and see who gets the most wins!

## CHARADES FOR KIDS

a bear riding a bike

an octopus water-skiing

a giraffe playing basketball

a pig playing hockey

an elephant riding a roller coaster

a fish going to school

a cat giving himself a bath

a flamingo drinking from a water fountain

an alligator washing a car

a bird building a nest

a dinosaur playing hopscotch

a penguin going down a slide

a kangaroo boxing

a dog driving a car

a camel taking a nap

an ostrich burying his head in the sand

a raccoon digging through the garbage

a squirrel burying a nut

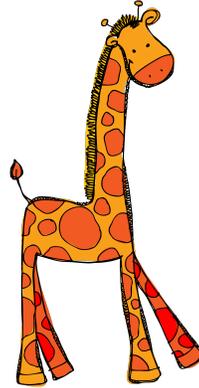
a monkey climbing a tree

a bunny dancing

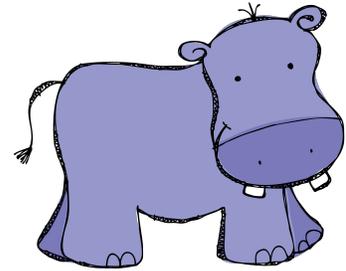
# Cards for Animal Charades- Page 2 (Zoo Animals)



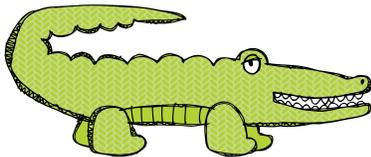
lion



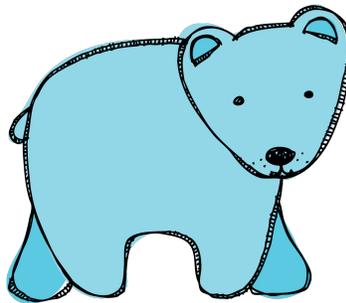
giraffe



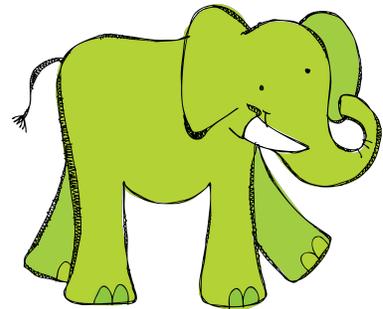
hippo



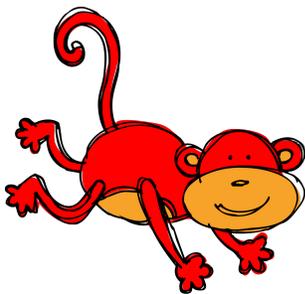
alligator



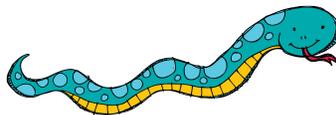
bear



elephant



monkey

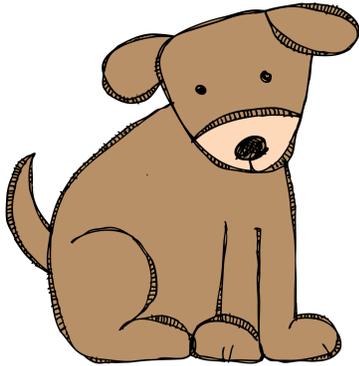


snake

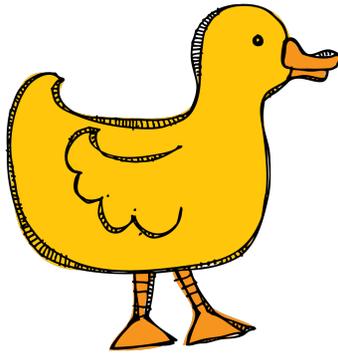


tiger

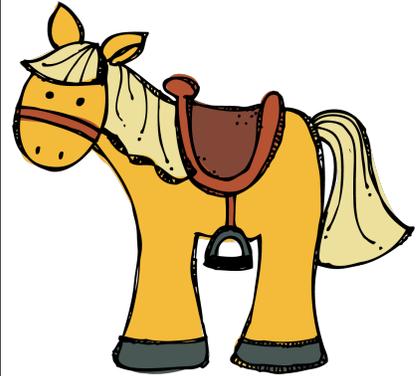
# Cards for Animal Charades- Page 1 (Farm Animals)



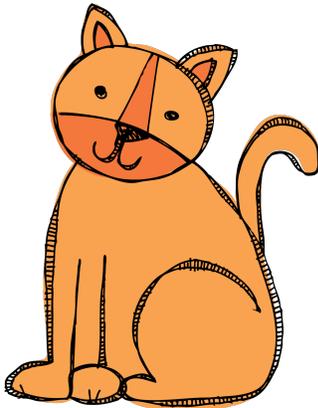
dog



duck



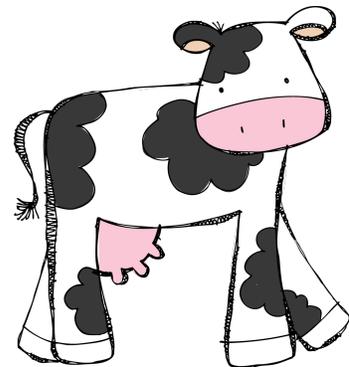
horse



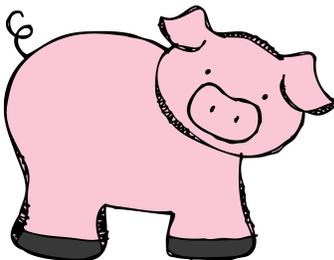
cat



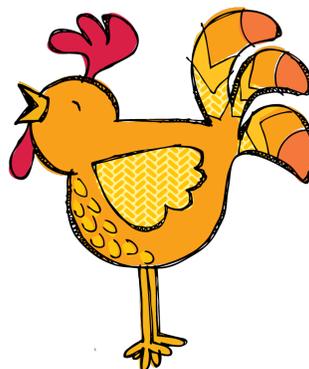
chicken



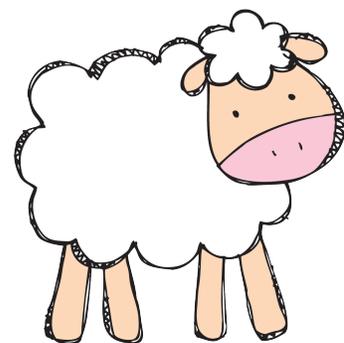
cow



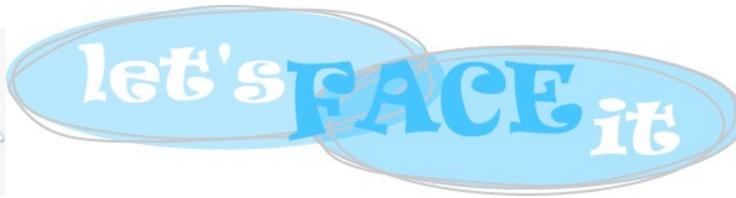
pig



rooster



sheep



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# Charades!

## Domain III: Understanding Faces

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**GOAL:** The goal of Charades is to facilitate the child's awareness of how emotion, identity and social situation can be conveyed through faces.

**OBJECTIVE:** Acting out emotions, identities and social situations can be a great way for children to gain an understanding of the importance of these elements in social interactions. Not only is it helpful to practice acting out certain scenarios by making specific facial expressions and moving your body in a particular way, it is also beneficial to see others act out these scenarios and search for clues in the scene (facial expressions and body language) that will provide information about what is happening.

**MATERIALS:**

-List of charade ideas (optional: you can create your own that are of specific importance for your child).

**PROCEDURE:** This activity works best with two or more players. Cut along the dotted lines of the charade ideas at the end of this activity. Fold them in half and put them in a bowl. You can decide whether players will act in groups of two or by themselves (charade ideas are divided between single and double actors). Ask the first actor(s) to pick a piece of paper out of the bowl and read the scenario without telling anyone what they have read. If the child has difficulty reading or doesn't understand the card, have a helper explain it to them or pick a new one.

The actor will begin to act out the scenario on the card. The actor can give one of three clues to the audience: person (character), expression, or situation. The first clue can be spoken, but from this point on the actor must remain silent. The actor can indicate the number of words by showing the corresponding number of fingers on their hand. Depending on how charades-savvy you and your group are you can use more clues (syllables, sounds-like, etc...).

The audience will try and guess what the actor is portraying and when they guess correctly the next actor can have a turn.

Expression <b>DISGUST</b>	Expression <b>ANGRY</b>
Expression <b>NERVOUS</b>	Expression <b>SAD</b>
Expression <b>CONCERNED</b>	Expression <b>HAPPY</b>
Expression <b>SURPRISE</b>	Expression <b>GUILT</b>
Expression <b>EXCITED</b>	Expression <b>BORED</b>
Expression <b>SCARED</b>	Expression <b>DISAPPOINTED</b>
Expression <b>MISCHEVIOUS</b>	Expression <b>EXHAUSTED</b>
Expression <b>ANNOYED</b>	Expression <b>PROUD</b>
Expression <b>CONFUSED</b>	Expression <b>SUSPICIOUS</b>
Expression <b>CALM/RELAXED</b>	Expression <b>DETERMINED</b>

Person/Character HARRY POTTER	Person/Character THE GRINCH
Person/Character THE LITTLE MERMAID	Person/Character THE EASTER BUNNY
Person/Character BUZZ LIGHTYEAR	Person A TRANSFORMER
Person/Character BATMAN	Person VAMPIRE
Person PIRATE	Animal ELEPHANT
Person MAGICIAN	Animal KANGAROO
Person HOCKEY PLAYER	Animal LION
Person FIGURE SKATER	Animal EAGLE
Person SWIMMER	Animal MOUSE
Person DANCER	Animal BEAR

<p>Situation 1 Actor</p> <p>I stubbed my toe</p>	<p>Situation 1 Actor</p> <p>I ate something gross</p>
<p>Situation 1 Actor</p> <p>A spider crawled up my leg</p>	<p>Situation 1 Actor</p> <p>I won a race</p>
<p>Situation 1 Actor</p> <p>I'm driving a race car</p>	<p>Situation 1 Actor</p> <p>I'm picking flowers to make a bouquet</p>
<p>Situation 1 Actor</p> <p>I'm rowing a boat in stormy seas</p>	<p>Situation 1 Actor</p> <p>I'm a doctor performing surgery on a patient</p>
<p>Situation 1 Actor</p> <p>I'm sculpting a statue</p>	<p>Situation 1 Actor</p> <p>I'm watching a scary movie</p>
<p>Situation 2 Actors</p> <p>We are having a pleasant picnic</p>	<p>Situation 2 Actors</p> <p>We are playing a competitive game of chess</p>
<p>Situation 2 Actors</p> <p>We are performing rock band</p>	<p>Situation 2 Actors</p> <p>Cat chasing a mouse</p>
<p>Situation 2 Actors</p> <p>Person playing fetch with their dog</p>	<p>Situation 2 Actors</p> <p>Mom trying to feed baby food to her fussy baby</p>
<p>Situation 2 Actors</p> <p>Getting a haircut</p>	<p>Situation 2 Actors</p> <p>A detective and his/her side-kick looking for clues to solve a mystery</p>
<p>Situation 2 Actors</p> <p>Scuba divers looking at fish in the ocean</p>	<p>Situation 2 Actors</p> <p>Kids jumping on a trampoline</p>

# SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities.  
You decide when or if you say "Simon Says"!

- |   |   |   |
|---|---|---|
| Shake your whole body.  | Hold your arms out at your side and make circles with them in the air.                      | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down.   | Hop on your left foot 10 times.   | Lay on the floor and stretch out as far you can for 10 a count of 10.                       |
| Spin around in circles.   | Hop on your right foot 10 times.  | Pretend to shoot a basketball 10 times.   |
| Do a cartwheel.   | Hop around like a bunny.  | Pretend to jump rope for a count of 10.   |
| Do a somersault.  | Balance on your left foot for a count of 10.  | Pretend to ride a horse.  |
| Wave your arms above your head.   | Balance on your right foot for a count of 10.   | Pretend to milk a cow.  |
| Walk like a bear on all 4s.   | Bend down and touch your toes 10 times.   | Take 5 of the biggest steps forward that you can.   |
| Walk like a crab.   | Reach behind you and try and hold your right foot with your left hand without falling over. | Pretend to lift a car.  |
| Hop like a frog.  | Show off the muscles in your arms.  | Do the strangest dance you can think of.  |
| Walk on your knees.   |   | Scream.   |
| Lay on your back & pedal your legs in the air like you are on a bike.               |   |   |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. |   |   |

