

WEEKLY GAME CHALLENGE

Learn and play a new game each day!

Week of May 4, 2020

Each game requires minimal equipment and only a small number of people to play. Modifications for social distancing, age-appropriateness, and at-home accommodations are included. Videos will also be provided when possible. Click the title of the game in the list below to take you straight to the instructions!

MONDAY 05/04	<u>One Step Back</u> A good game for working on paying attention and hand-eye coordination.
TUESDAY 05/05	<u>Popcorn</u> A fun challenge you can do by yourself or with others!
WEDNESDAY 05/06	<u>Rock, Paper, Scissors, Stretch</u> A fun variation on Rock, Paper, Scissors for two people!
THURSDAY 05/07	<u>Beans on Toast</u> A game incorporating some silliness and listening skills.
FRIDAY 05/08	<u>The Big Cheese</u> Something to get kids out of their seat and practicing quick decision making

WEEKLY GAME CHALLENGE

Learn and play a new game each day!

Monday: One Step Back

Number of people to play: 2+

Best for ages: 5+

Equipment needed: A tossable object like a ball

Teaching Time: 2 minutes

Set Up

- Have all players stand in a circle, or an equal distance apart.
- You'll need a ball or tossable object, and some space for everyone to spread out.

How to Play

- Start with a small circle--each person standing an arm's length apart. The leader starts the game by passing the ball to the person next to them. When each person gets the ball, their job is to pass it on to their neighbor
- Once the ball makes it around the circle without anyone dropping it, the leader says "One step back!" and all players take one step back.
- Then, everyone passes the ball around the circle again. If the group successfully passes it all the way around without dropping it, the leader says "One step back" and everyone takes one step back--making the circle even larger.
- This continues until the ball is dropped, at which point we say "Good job, nice try!" and the group returns to the center to try again.

At-Home Accommodations

- You can use any tossable object to play this game. Balls work well outdoors, but if you're playing indoors, try using a soft object such as a balled up sock!

Modifications for Social Distancing

- When practicing social distancing, start the game with a 6 foot bubble between players. This starts everyone off with a challenge and makes it even more fun!

Challenge ideas

- Try playing this game while standing on one foot.
- Add throwing challenges to the game. For example, only throw with your non-dominant hand, or throw under your legs.

WEEKLY GAME CHALLENGE

Learn and play a new game each day!

Game Variations

- Play “soccer style” and kick the ball on the ground instead of tossing it. If the next person has to take more than one step to receive the pass, start over!
- Play “football style” and punt the ball with your foot instead of tossing it. If the next person drops the punt, start over!
- Instead of taking just one step back each round, the leader can choose to say any number up to 10. All players will take that number of steps back!

WEEKLY GAME CHALLENGE

Learn and play a new game each day!

Tuesday: Popcorn

of people to play: 1+

Best for ages: 5+

Equipment needed: 1 ball

Setup/Teaching Time: 1-2 Minutes

Before You Start

- Get a ball or soft throwable object and a few people to play with (you can also play this game on your own!)

Set Up

- Find an area with space for your group to make a circle - preferably with a high ceiling. Playing outside works great, too!

How to Play

- One person starts the game by throwing the ball in the air, clapping one time, and then catching the ball.
- Once you've tried it one time, pass the ball to the person next to you in the circle so they can try. Continue this all the way around the circle, giving everyone a turn.
- If you drop the ball or don't clap the correct number of times, you were unsuccessful and that's okay.
- When it gets back to the first person, check in with everyone. If you successfully clapped and caught the ball, move up to Level Two. If you were unsuccessful, stay on Level One.
- Level Two means that you'll try to clap two times before catching the ball. Level Three means three claps, Level Four means four claps, and so on.
- Each time the ball comes to you, try the level you are on. If you're unsuccessful, stay on the same level and try again when the ball makes it back to you.
- The goal of the game is to see how many claps you can work up to and still catch the ball each time.
- If you're playing on your own, just work your way up and see how many claps you can get to!

At-Home Accommodations

- Ball up a sock or crumple up a piece of paper to use as a ball.

WEEKLY GAME CHALLENGE

Learn and play a new game each day!

- Play outside for more space.

Modifications for Social Distancing

- Give everyone their own object to throw.
- Stand in a bigger circle so everyone has their own social bubble.

Challenge ideas

- How many claps can you do?
- How quickly can you get to __# of claps?
- What other actions can you do while the ball is in the air? Spin around, clap behind your back, etc.

Game Variations

- Give everyone a ball and race to a certain number of claps.
- Partner up and pass to your partner. They'll try to clap before they catch the ball.

WEEKLY GAME CHALLENGE

Learn and play a new game each day!

Wednesday: Rock, Paper, Scissors, Stretch

of people to play: 2

Best for ages: 6+

Equipment needed: None

Setup/Teaching Time: 3 minutes

Before You Start

- Make sure all everyone knows how to play Rock, Paper, Scissors
 - Rock - make a fist with your hand, this is more successful than Scissors
 - Paper - hold your hand out flat, this is more successful than Rock
 - Scissors - make a scissor shape with your first two fingers, this is more successful than paper.

Set Up

- Identify an open space where both participants will have room to stretch out their legs.

How to Play

- The goal of the game is to stay balanced without falling over longer than your partner.
- Start out by playing a game of rock paper scissors.
- Each time you win a game of rock paper scissors stay where you are.
- Each time you lose a game of rock paper scissors stretch out by one foot length.
 - One way to do this is to simply take a step back with your back foot.
 - To more precisely stretch out the same distance each time try this: swing your front foot behind your back foot and touch your toe to your heel. Leave that foot there and slide your new front foot up to your partner's toes.
- Keep playing rock paper scissors and stretching out after each round until someone falls over, holds onto something for balance or can't stretch any further.

At-Home Accommodations

- Consider moving furniture to make sure each partner has enough space to stretch

WEEKLY GAME CHALLENGE

Learn and play a new game each day!

Modifications for Social Distancing

- Stand heel-to-toe six feet apart. Make a mark using tape or an object so that each partner knows where their foot starts. Each time your partner wins, make sure you slide your foot back to the starting mark instead of to your partner's foot.

Challenge ideas

- How far can you stretch?
- Can you play a perfect game without ever having to stretch out?

Game Variations

- Play with 3 people at once. Stretch out for each person who beats you in rock paper scissors. For example if two people play paper and one plays rock the person who played rock would take two steps back.

WEEKLY GAME CHALLENGE

Learn and play a new game each day!

Thursday: Beans on Toast

of people to play: +2

Best for ages: 5+

Equipment needed: No equipment needed

Setup/Teaching Time: 5 minutes

Before You Start

- Make sure players know to not make any physical contact with each other.

Set Up

- Designate an appropriate play area with clear boundaries.

How to Play

- The children should begin by walking around the room in any direction.
- When the leader shouts out the name of a bean, players should demonstrate the action as follows:
 - String beans – Pretend to play an "air guitar" or violin!
 - Broad beans – make yourself as wide as you can.
 - Runner beans – run on the spot.
 - Jumping beans – jump on the spot.
 - Jelly beans – shake your whole body like jelly.
 - Beans on toast – lie flat on the floor.
 - Chilli beans – shiver as though you are very cold.
 - Mr. Bean – shrug your shoulders and make a confused face.
 - Beanie Baby – suck on your thumb.
 - Human beans – exclaim, 'To bean or not to bean!'
 - Bean bags – huddle in a ball on the floor.
 - Frozen beans – Children have to stand very still.
 - Bean sprouts – Stand on tiptoes and make yourself as tall and thin as possible.
 - French beans – Strike a pose and shout "Bonjour!"
 - Kidney beans – Bend over and try to touch your toes!
 - Santa's bean – Walk about wobbling your tummy saying "Ho, Ho, Ho!"
 - Magic bean – Children either wave their magic wand or waggle their fingers as if casting a spell.

At-Home Accommodations

- Have players stand/sit down in one spot.

WEEKLY GAME CHALLENGE

Learn and play a new game each day!

Modifications for Social Distancing

- Make sure players are not touching anything, especially other players.
- Players should give each other space during this game.

Challenge ideas

- You can have players do a consequence if they forget the move or do the wrong move (ex. 5 jumping jacks).

Game Variations

- It's nice to let the students add their own beans to the list. Be creative.

WEEKLY GAME CHALLENGE

Learn and play a new game each day!

Friday: The Big Cheese

of people to play: +3

Best for ages: +5

Equipment needed: none

Setup/Teaching Time: 3 minutes

Before You Start

- Practice the call and response of “I am the Big Cheese”, with all players responding “You are the Big Cheese”.
- Introduce the 3 different movements: Cheddar Cheese (Hands circled in front), String Cheese (arms stretched overhead), Stinky Cheese (waving hand in front of nose)

Set Up

- All players stand in a straight line, in a semi-circle or circle so you can see them all and identify who’s made which sign. Choose who will be the first “Big Cheese”

How to Play

- The leader begins each round by saying “I am the Big Cheese!” and the other players respond “You are the Big Cheese!”.
- The leader then counts “1...2...3!” On the “three,” players pick one of the 3 predetermined movements to show (Cheddar, String or Stinky Cheese). At the same time, the Leader shows one of the 3 movements.
- Players who make the same movement as the leader are out.
- The object of the game is for players to stay in the game by doing a different sign than the leader. The last player standing gets to be the next “Big Cheese”

At-Home Accommodations

- Play sitting down if space is limited indoors

Modifications for Social Distancing

- Players should stand/sit 2 arms lengths apart

Challenge ideas

- Play the game while standing on one leg!
- Challenge the players to come up with more cheeses and actions to go with them

WEEKLY GAME CHALLENGE

Learn and play a new game each day!

Game Variations

- Students must do a consequence (5 jumping jacks, etc) instead of being out
- Connect it to what kids are learning in class (plant cycle, larva cycle, etc)