

Games to get you moving (in your living room!)

Suitable for children aged 4 +

Simon says...

Number of players: 2+

Things needed: Just yourselves!

How to play:

One person is Simon, they say 'simon says...' and then give an instruction.

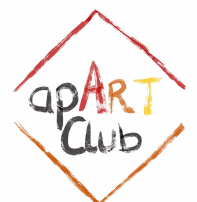
E.g. Simon says put your hands on your head.

The other players must then do what 'Simon' says. (in this example put their hands on their head).

If 'Simon' give an instruction without saying 'Simon says'

E.g. put your hands on your head.

The other players should not copy. If they do then they are out (or they can become Simon!)



Jumping beans

Number of players: 2+

Things needed: Just yourselves!

How to play:

One person calls out different beans, and all players have to do the correct action. The beans and instructions are:

Jumping bean - everyone jumps on the spot

Runner bean - everyone runs on the spot as fast as they can.

Broad bean - everyone makes themselves as wide as they can

String bean - everyone makes themselves as tall and then as they can

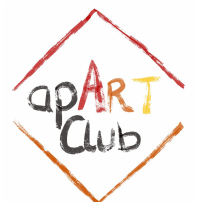
Jelly bean - Everyone makes their arms and legs wobble like jelly

Baked bean - everyone fans their face with their hands and pretends to be warm

Baked beans on toast - everyone lies on the floor and fans their face with their hands

French bean - everyone shouts bonjour!

The person calling out the beans should try and mix them up to keep people moving. You can also ask the children to make up their own beans.



5 Seconds to...

Number of players: 2+

Things needed: Just yourselves!

How to play:

One person calls out '5 second to find something...' with a different instruction each time.

E.g. 5 seconds to find something...Green

The player or players then have 5 seconds to find something in the room that is green and touch it.

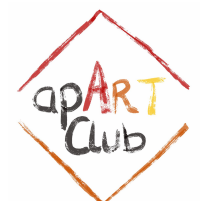
Colours or textures work best for the find something game, some suggestions:

Colours: Blue, Green, Pink, Yellow, Red, White, Black, Brown

Textures: Hard, Soft, Fluffy, Smooth, Spikey, Rough

For older children: Give more specific instructions e.g. something made of wood or something made of paper.

Let older children take the lead and choose what everyone else needs to find.



Big, Bigger, Biggest!

Number of players: 2+

Things needed: Just yourselves!

How to play:

Stand facing each other (or in a circle if there are more than 2 of you).

One person starts and makes a small movement e.g. waves their hand.

The next person does the same movement, but a little bit bigger

The next person does the same movement again, but a little bit bigger again.

Carry on taking it in turns until your little wave has become a huge wave that uses your whole body!!

Once you've your first action as big as possible you can choose a new action and start again.

Some ideas for actions:

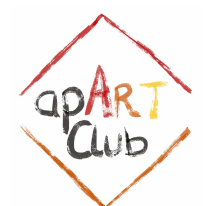
A wave of the hands

Bending your knees

Lifting up an arm

Nodding your head

If you have more time: Start with a big action and go the other way, how small can you make it?



What's the time Mr Wolf?

Number of players: 2+

Things needed: Just yourselves!

How to play:

One person is Mr Wolf. They stand at one end of the room and the other player or players stand at the other end of the room. They are facing each other.

The players ask the question 'What's the time Mr Wolf'

Mr Wolf replies with a time. E.g. 'It's 6 O Clock'

The number Mr Wolf chooses is the number of steps the players have to take towards Mr Wolf.

The players then repeat the question 'What's the time Mr Wolf'

This continues until the player or players are close to Mr Wolf.

At this point instead of answering with a time, Mr Wolf says, 'It's dinner time!' and tries to catch one of the players before they get back to the start line.

The player that gets caught becomes Mr Wolf, and then the game begins again.



Mirroring

Number of players: 2+

Things needed: Just yourselves!

How to play:

This is a simple activity to play in pairs.

In your pair number yourselves 1 and 2.

Stand facing each other

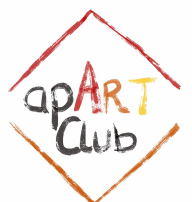
Pretend that there is a mirror in between you, player one is looking in the mirror, and player 2 is now their reflection.

Player 1 will start to make slow movements, player 2 should try and copy their movements as if they were their reflection in a mirror.

E.g. if player 1 lifts their right arm up, player 2 will copy by lifting their left arm up.

Try and move slowly to make sure that your reflection can keep up!

Once you've done this for a little while swap over and try the other way round.



Grandmothers Footsteps

Number of players: 3+

Things needed: Just yourselves!

How to play:

One player is grandmother, grandmother stands at one end of the room, facing the wall.

The other players stand at the other end of the room, facing grandmother.

The players are trying to sneak up on grandmother, and the first one to tap her on the back wins.

However, the players can only move when grandmother is facing the wall.

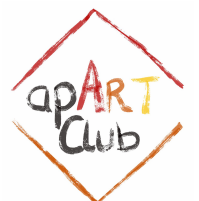
Grandmother will turn round to try and catch the players out when they are moving.

If grandmother turns round all players must freeze like statues. If a player is seen moving they have to go back to the start line.

Grandmother can turn around as many times as she likes.

The players should move slowly so they can freeze easily.

Once grandmother has been tapped that person becomes grandmother and the game begins again.



Captain's Coming!

Number of players: 2+

Things needed: Just yourselves!

How to play:

One person is Captain, and they give orders which the rest of the players (or shipmates!) must follow.

To start with the Captain will label the four sides of the room North, South, Port (left) and Starboard (right). The room is now your pirate ship.

The Captain will give the following orders, and shipmates will be expected to do the corresponding actions.

Order	Action
North -	All Shipmates must go to the North part of the ship
South -	All Shipmates must go to the South part of the ship
Port -	All Shipmates must go to the Port part of the ship
Starboard -	All Shipmates must go to the Starboard part of the ship
Climb the Rigging	All shipmates must pretend to climb a ladder on the spot
Scrub the decks	All shipmates must kneel down and pretend to clean the floor
Walk the plank	All shipmates must walk forward with one foot in front of the other.
Man overboard	All shipmates must balance on one leg
Captains Coming	All shipmates must shout ' Aye aye captain!'
Man the lifeboats	All shipmates sit on the floor and pretend to row a boat

The game works best if the Captain mixes up the orders and gets the shipmates moving around as much as possible.

If you are playing in a very small space you can play without using the direction orders.

If you have more time: Why not make up a story on your pirate ship, and give each other characters?



Keeper of the keys

Number of players: 2+

Things needed: a set of keys (the jangler the better!), a chair, a scarf for a blindfold

How to play:

Put the chair at one end of the room facing the wall.

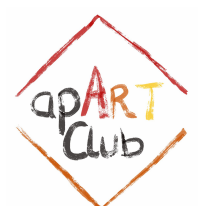
Put the keys underneath the chair

One person sits on the chair, they are the keeper of the keys and must wear a blindfold.

The other player or players go to the other side of the room. They take it in turns to sneak up on the keeper to steal the keys.

The players sneaking must be as quiet as possible. The keeper will be listening carefully, if they hear any noise they must point behind them to the place they think the player is. If they are right and point at the player then they are caught and must go back to the start.

If a player manages to sneak up and get the keys without being pointed at they win, and they become the keeper.



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