Simple Activities for Young Children

Red Light, Green Light

**Grade Level**
K through second

**Purpose**
To be the first player to reach the traffic light

**Equipment**
None

**Organization**
One player stands at one end of the playing area and is the traffic light. All others stand behind a line at the opposite end.

**Activity Description**
1. The game begins with the traffic light turning his back to the other players and yelling out “Green light.”
2. The other players may walk, jog, or run toward the traffic light.
3. The traffic light may yell out “Red light” whenever he chooses and then turn around.
4. The players must stop immediately. Any player caught still moving is called out by the traffic light and must go back to the start.
5. Play continues until one of the players finally touches the traffic light.
6. A new game begins with the winner becoming the traffic light for the next round.
Man From Mars

Grade Level
K through second

Purpose
To get to the other side of the playing area without being tagged

Equipment
None

Organization
Players line up facing “it” at one end of the playing field. “It” stands in the middle of the playing area.

Activity Description
1. One player selected to be the “Man from Mars” stands in the middle of the playing area facing the players (the “earthlings”) lined up on the sideline.
2. The game begins with the earthlings chanting, “Man from Mars, Man from Mars. Will you take us to the stars?”
3. The Man from Mars replies, “Only if you are wearing _______ [a color].” The earthlings with clothing of that color may jog safely to the other side. At the same time, those not wearing that color run toward the other side of the playing area while the Man from Mars tries to tag as many as possible. Tagged players join the Man from Mars at the center area and become helpers for the next round. The Man from Mars quickly repeats the call to the “earthlings” to start the next round.
4. Repeat until almost all players become helpers. Then start a new game.
Hill Dill

Grade Level
First through third

Purpose
To get safely to the other side of the “hill” without being tagged

Equipment
None

Organization
Players line up facing “it” at one end of the playing field. “It” stands in the middle of the playing area.

Activity Description
1. The game begins with “it” chanting, “Hill Dill come over the hill. I’ll catch you if you are standing still.”
2. The players attempt to run to the other side of the playing area while the “it” tries to tag as many as possible.
3. Tagged players join the “it” at the center area and become helpers for the next round.
4. “It” immediately repeats the chant and starts a new round. Repeat until almost all players become helpers. Then select a new “it” for another game.