



ACTIVE GAMES

Balloon Tennis

TIME:

30+ Minutes (10-15 minutes to create racket and another 15+ to play)

GATHER THIS:

- 6 inch paper plates
- jumbo craft sticks
- balloons
- markers
- Cool temp glue gun

Tested, edited & approved by:

Sarah Springer, Aurora High School Senior

CREATING THE BALLOON TENNIS RACKET

- Use the [markers](#) to decorate the inside portion of a paper plate in any desired design – Kids can put their name or initials on their racket, make it the colors of their favorite sport's team, etc.
- Once rackets are decorated, kids will use the cool temp glue gun to attach the craft stick as a handle onto the back of their plate. Have them use plenty of glue.



**Some kids may prefer to work longer on decorating their racket...that's fine...start the balloon games after about 10 minutes while others are finishing their racket.

PRACTICE WITH THE RACKET:

Partner kids up. Uneven number of kids? A helper can be their partner. Give one inflated balloon to each group of two

1. Kids individually use their racket to bop the balloon up in the air. Kids practice controlling the balloon with their

- racket. Partner can count the # of bops/minutes. Then switch to other partner.
2. Kids pass the balloon back and forth with their partner and see how long they can keep the balloon in the air.

HOW TO PLAY:

- Give each group of 2 kids a team number(Ex. - 1,2,3,4,5, or 6 depending on how many groups you have).
- Kids take turns serving the “ball” (balloon) to their partner. The kids volley the balloon back and forth. If a child allows the balloon to hit the ground, the other person gets a point. (Teachers – demonstrate how to play a round or two and demonstrate good sportsmanship).
- Teams keep score. Winner is the first person on the team that gets five points. Have kids switch teams so they can compete with another friend. (Losers stay in their spot, Winners move to another team and match up with another partner. (ex. - group #6 winner moves to team #5, group 5 winner moves to team #4, etc.)
- Be enthusiastic and encouraging to all. If you see kids struggling, step in and help before they want to give up.

THINGS TO TRY WITH THE YOUNGER KIDS:

1. Younger kids may simply enjoy some individual activities that do not require a partner or keeping score.
2. They may try using their non-dominant hand to hit the balloon up in the air over and over.
3. They can try bopping the balloon with their racket while standing on one foot and hopping to where the balloon floats to. HELP ALL KIDS FEEL SUCCESSFUL AT THEIR OWN LEVEL
4. Young kids may simply enjoy watching the others play balloon tennis and that is fine.





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approved by:

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Captain's Orders

TIME:

15-20 Minutes

GATHER THIS:

- A large open area indoors or outdoors

HOW TO PLAY:

Select one player to be the captain. The captain stands at the front of the designated play space. Alternatively, with younger children an adult should play the role of captain.

2. All other players stand in a line, facing the captain.
3. Introduce the various commands and actions to be used in the game.
4. Practice each command with the group several times – Make the practicing fun!
5. When ready for play to begin, the captain calls out a command. The players do the action associated with the command.
6. Play continues with the captain calling and the 'crew' responding. The faster the actions are called and performed, the trickier (and funnier) the game becomes.

Basic commands: (Introduce a few commands at a time and mix them up...add in extras to keep the challenge going).

- **To the island:** run to the left boundary (can also be a command of 'port')
- **Scrub the deck:** crouch down and make a scrubbing motion with hands
- **Hit the deck:** lay on your stomach
- **Clear the deck:** everyone must have their feet off the floor
- **Up periscope!:** lie on back with one leg raised straight in the air. Twist the raised foot as if a scanning periscope
- **Captain's coming:** stand to attention and salute
- **Climb the rigging:** pretend to climb a rope

Partner commands:

- **Abandon ship!:** players must pair up, sit face to face and pretend to row a lifeboat
- **Dance party:** players pair up and dance together

- ***Crow's nest:*** players pair up and the lightest player rides on their partner's back (piggy back)

Tips and Hints for playing Captain's Orders

- Keep the game fun and flexible to keep the kids moving, especially for young children.





LAB

Dice Games

Beat That!

Number of Players: 2-4 in each group

Total Dice Needed: 2 for each player, 5 die for older kids

Object of the Game: Be the player to get the highest score for the most rounds.

HOW TO PLAY:

1. Decide how many rounds you will play (5-10 rounds is good)
2. Each player takes a turn rolling the dice
 - a. If playing with older kids, you can increase to 5 dice
3. Once the dice have been rolled, the player must calculate the highest possible number he or she can form from the numbers rolled. For example, if the player throws a 5 and a 2, his or her highest score would be 52. If a player throws a 2, 4, and 6, the highest score would be 642
4. The player who scores the highest combination wins the round and gets a point on the point sheet
 - a. If 2 or more players have the same score, they roll again to decide who the winner of that round is
5. The player with the most wins once the set number of rounds have been played is the winner

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Pig

Number of Players: 2+

Total Dice Needed: 1

Object of the Game: Be the player to reach 100 points first

HOW TO PLAY:

1. Each player takes a turn rolling 1 die over and over again, tallying their points along the way
2. The goal is to get as many points as possible by adding the face value of the die on each roll
3. If a player rolls a 1, their turn is over and they lose all of their points
4. Players can continue rolling until they reach 100 points, or they can play it safe and pass the die to the next player and keep their points at any time.
5. Have one person be the score keeper on a sheet of paper.
6. Players continue taking turns
7. The player that reaches 100 points first wins

Tenzi

Number of Players: 2-4

Total Dice Needed: 10 dice for each player (all in the same color)

Object of the Game: Be the player to get all ten of your dice to show the same color

HOW TO PLAY:

Each player chooses a set of dice. Players hold all ten dice in their hands. Someone says “Go” and everyone rolls at the same time. Quickly look at your roll and decide which number you are going to go for. (For example, if you have more 3’s than any other number, that’s what you want to go for.) Put all your dice with that number aside, collect the remaining dice and quickly roll again. (You do not have to wait for others to roll again. Everyone rolls together only on the first roll.) Keep rolling until all ten of your dice show the same number.

Winning:

The first player to get all ten of their dice to match (ten 3’s, for example) shouts out “TENZI” and wins the game!

(a different way to play) --TENZI Tower:

Instead of putting your successfully rolled dice aside, stack them one on top of the other. First player to get all ten of their dice stacked and shout “TENZI” wins!



Roll the Dice Drawing Game

Here is a silly drawing game that is a lot of fun for kids to play. In this drawing game, you use dice to decide what parts of the drawing you will draw. We have included a face drawing game and a landscape drawing game. This is a lot of fun and it helps children who might not be able to draw freely and creatively...this will help them draw more freely and creatively. This will also increase silliness. There are more dice drawing games in our new book. Have fun!



ROLL-A-FACE

1st Turn Face Shape						
2nd Turn Eyes						
3rd Turn Nose						
4th Turn Mouth						
5th Turn Ears						
6th Turn Hair						

ROLL-A-DOODLE GAME

Let this game of chance predict your next drawing!



1. Either find a dice or fold the paper dice template (on the next page).

1st Turn Body						
2nd Turn Eyes						

1st Turn

2. Go to the turn that you are on ... so, for example, if you are on your first turn, then go to "1st Turn" on the first column.

1st Turn Body						

Note: In the original image, a circle is drawn around the triangle in the 3rd column, and arrows point from the '1st Turn Body' label to the first column and from the '3 dots' die to the triangle.

3. Roll the dice. Look for the number on the dice and match it to the dice pictured in the first row. If you are on the first turn, and you rolled a 3 on the dice, then you would draw a triangle shape (in the example above).

4. Continue on to "Turn 2" (and then the next turn, etc) until your drawing is done.



LAB



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DON'T BREAK THE ICE

GATHER THIS:

- 1 cup
- 1 kleenex tissue (separate multi-ply tissues into single layers of tissue)
- 1 rubber band
- 1 toothpick
- 5 dice

THEN DO THIS:

Rules

1. You cannot move a die once it's on the tissue
2. When poking holes, you must get at least half of the toothpick below the tissue surface
3. You cannot poke in the same spot more than once
4. If you Roll a 1 you must add one die to the 'ice'

To Play:

- Put kids into groups of 3-4 players.
- Give each player a cup, tissue, rubber band, 5 dice and a toothpick. Instruct the players to create the 'ice' by unfolding their tissue and laying it across the top of the cup. Use the rubber band to secure the tissue to the cup and create a flat surface. Each player adds on die to the 'ice' surface. Roll one die to determine the starting player. **The highest roll begins** by rolling two dice. The total of the dots determines the number of holes that player must poke into the tissue.
- **If a 1 is rolled**, they must add that die to the top of the cup (you can never have more than 4 dice on your cup). Play continues in a counter-clockwise rotation. If any dice fall into the base of the cup, that player is out. The winner is the last player with dice on top of the ice.

- **The Fun Part:** Players will come up with all kinds of strategies on how to puncture their tissues. Some will poke the tissues evenly; others will try to keep all their holes in a central spot. Regardless of their game plan, most dice will be dangling through the tissues within a few minutes of play.

Optional:

Before beginning the game, discuss that this is a “FOR FUN GAME.” Someone will finish first each time and they get to practice being **good sports and using kind words.**

Have an adult demonstrating what sportsmanship **doesn’t** look like. (EX- Crossing arms and angrily saying, “I never win!” Looking angry and saying, “NO FAIR.” or “You cheated!” or “I Quit!”) Exaggerate the actions and make it fun.

Next, have the kids demonstrate what it “looks” and “sounds like” to be a **good sport.**

(Examples – good job! Wow- way to go! High five, fist bumps). Have them practice with a neighbor.





ACTIVE GAMES



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Dress Up Relay

TIME:

15-20 Minutes (Play indoors or outdoors)

HOW TO PLAY:

1. Place two sets of dress up items in a box or suitcase at the end of the race area. Divide the group into two teams.
2. On your signal, the first player runs down to their dress up box, puts on all of the dress up items and then runs back to their team.
3. When they arrive, they take off the clothing items and give them to the next player. This player puts them on and races the playing area length.
4. When they return, they pass the items onto the next player.
5. Play continues until all team members have raced in the dress up clothes one time.



AS YOU PLAY:

Celebrate “positives” you see in sportsmanship and encouragement from the students and teams!



ACTIVE GAMES



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Egg & Spoon Race

TIME:

10-15 Minutes

GATHER THIS:

- Spoons (one per player)
- Egg (one per team) (hard boiled, plastic, or even a ping pong ball can be fun)

HOW TO PLAY:

1. Divide the players into two teams.
2. Give each player a spoon and each team an egg.
3. Line the teams up at the starting line.
4. Each player needs to carry the egg on the spoon to the turn around point and back again.
5. When they return to the start, they carefully pass the egg to the next player. All of the players must complete the race to win.

OTHER OPTIONS

Use real hard boiled eggs! If you are daring and don't mind a mess, try this relay race with a real egg that you hard boiled in advance. It's quite a challenge. *(Note: It is NOT recommend using real eggs inside. If you decide to use real eggs, be sure that the kids are walking on a softer surface and have clothes that they don't mind getting messy. Even hard-boiled eggs break and sometimes can be slimy. If you choose to use them, make sure that the kids know in advance. You'd hate for them to be surprised.)*

Another idea is to fill the plastic egg with some small toys/treats. If the egg falls and breaks open, the player must put the treats back in the egg before continuing on. You can also make the race more challenging by setting up obstacles along the way. Or have the players skip instead of walk.

AS YOU PLAY:

Celebrate "positives" you see in sportsmanship and encouragement from the students and teams!



ACTIVE GAMES



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Fruit Basket Upset

TIME:

15-20 Minutes

GAME DESCRIPTION

A new twist on the old classic "Musical Chairs"

GATHER THIS:

- Mats or Hula Hoops, set in a large circle on the grass, spaced out for kids to stand on/in
 - One less mat/hoop than the number of kids

HOW TO PLAY:

1. This game is similar to musical chairs. To start, everyone **stands** in a circle with one person in the middle. Each person gets to choose to be one of 4 fruits (the 4 fruits are collectively chosen by the group).
2. The person in the middle calls out one of these 4 fruits.
3. The people who belong to that fruit family have to move to a different spot in the circle that has just opened up (including the person in the middle who called out the fruit).
4. The last person to find a spot becomes the caller and calls a new fruit next round.

OBJECTIVE:

Try to avoid being the last person to find a spot when your fruit is called out. If you do, you will become the "caller" for the next round.

SAFETY CONCERNS:

Remind the children to watch where they are running to avoid collisions.

Remind kids to **stand** on the mats, not dive on or sit on as they are finding a space so avoid injuries.

HINTS:

Instead of using fruits as indicator, the group can choose any 3 indicators such as football teams, types of pizza, colors etc.



ACTIVE GAMES

Hands & Feet Hopscotch

TIME:

10-15 Minutes

GATHER THIS:

- Photo copied hand/foot images on cardstock
- Painter's tape
- Timer

Copy hand and footprints and use painter's tape to arrange the prints as shown in the photos below in 3 columns and 13 rows

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HOW TO PLAY:

1. Each child will jump and follow the image pattern (feet landing on the photos of the feet and right/left hands landing on the photos of the correct hand). It's trickier than it sounds!
2. Have an adult demonstrate before having the kids line up and try.
3. Remind your group that they may make mistakes and that is OK.
4. Use a timer to see how quickly each child can complete the hopscotch.
5. Have each child go twice and see if they can improve on their time.

AS YOU PLAY:

"Hopscotch" comes from "hop" meaning "to jump" and "escocher", an Old French word meaning "to cut".



ACTIVE GAMES



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Horse, Gallop, and Hay

TIME:

10-15 Minutes per relay, depending on the number of children

GATHER THIS:

- One Pool Noodle Per Team
- T-Shirts/ Towels

HOW TO PLAY:

Divide kids into two teams

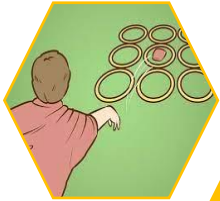
1. Each team will need one pool noodle to be their "horse."
2. Hay (T-shirts or towels) will be placed at the finish line.
3. Kids ride their noodle like a pony and gallop from the starting line to the finish line, pick up the hay (1 T-shirt/towel) and gallop back to the corral (finish line).
4. They will give their "horse" to the next teammate in line and the relay continues.
5. When a child has finished his turn, he/she sits down.
6. If teams are uneven, one team member goes a second time.

Play 2-3 rounds



AS YOU PLAY:

Celebrate "positives" you see in sportsmanship and encouragement from the students and teams!



ACTIVE GAMES



Tested, edited &
approved by:

Shawna Vinkenberg,
Edgerton Afterschool
Coordinator

Tic-Tac-Toe with Hula Hoops

TIME:

10-15 Minutes

GATHER THIS:

- 9 hoola hoops,
- 8 Beanbags/blocks/cones - 4 of each color
- Open space
- Divide kids into two teams and give each team a set of bean bags.

HOW TO PLAY:

Set up hoops in a 3 by 3 square.

Divide kids into two teams in lines and give each team their beanbags. These items can be blocks vs balls, red items vs blue items, etc. The aim of this activity is to get three in a row, but to also stop your competing team from getting three in a row too!

On 'go', teams will race one at a time and place an item in a hoop trying to get 3 in a row (TIC TAC TOE). If TIC TAC TOE is unsuccessful within those 4 turns, the next players running will remove ONE of their items to an empty hoop until TIC TAC TOE is successful.

The team that wins the most rounds of tic-tac-toe may receive a special privilege, a bonus point, or small incentive. The game gets kind of physical at times. This game produces great fun and competition. A variation allows the team that "plays" second to get two moves. What is interesting that the team that gets this "advantage" rarely wins.



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Hurricane in a Bowl

TIME:

20-30 Minutes

GATHER THIS:

- 1 Large clear glass bowl
- Water
- 1 spoon/stirring rod
- Food coloring

TALK ABOUT THIS

Central Focus: In this lesson, students will observe the characteristics of a hurricane through a mini-model in a clear glass bowl. Students will be able to describe the ways in which the model relates to a rotating storm.

Background Information: Students should understand that natural hazards have shaped human history. This has had an impact on populations and migrations. They can be local, regional, or global which all can cause a chain impact on each other. By the end of grade 2 students should know: Some kinds of severe weather are more likely than others in a given region. Weather scientists forecast severe weather so that communities can prepare for and respond to these events. By the end of grade 5 students should know: A variety of hazards result from natural processes (e.g., earthquakes, tsunamis, volcanic eruptions, severe weather, floods, coastal erosion). Humans cannot eliminate natural hazards but can take steps to reduce their impacts. For the activity, teachers should know that in this activity the food coloring will disperse in a spiral formation. Hurricanes are the most dangerous storms on Earth and start over a body of water. A low pressure and high-pressure wind system mixing together will form the cyclone. It becomes a cyclone when the storm reaches 75 miles per hour. The storm is at least 50,000 feet high and around 125 miles across. The eye is around 5 to 30 miles wide. See below for hurricane wind speeds.

Use these videos as references:

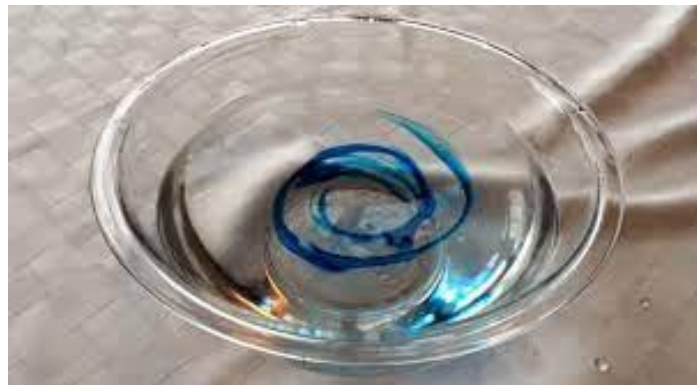
[How do hurricanes form?](#)

[Why Hurricanes are Earth's Most Powerful Storm](#)

Category	Wind Speed (mph)	Damage at Landfall	Storm Surge (feet)
1	74-95	Minimal	4-5
2	96-110	Moderate	6-8
3	111-130	Extensive	9-12
4	131-155	Extreme	13-18
5	> 155	Catastrophic	19+

THEN DO THIS:

1. Fill a large glass bowl about $\frac{3}{4}$ of the way with water.
2. Stir the water with a spoon/stirrer to create a rotation motion.
3. With the water still rotating, add a few drops of food coloring to the center of the bowl.
4. Watch as the food coloring separates out into a rotation-like pattern.
 - a. Also, note how the color spreads and disperses as the rotation of the water slows down and stops.



ASK THESE QUESTIONS:

1. **Have students describe, either orally or on paper, what they saw. How did the food coloring disperse? How is this similar to how a hurricane or other rotating storm (tornado, cyclone, tropical storm) behaves?**

The food coloring disperses in bands that circle around the center of the bowl. It is similar to how a rotating storm behaves because bands of wind, rain, and even debris rotate around the center of a storm, much like the food coloring rotates around the center of the bowl.

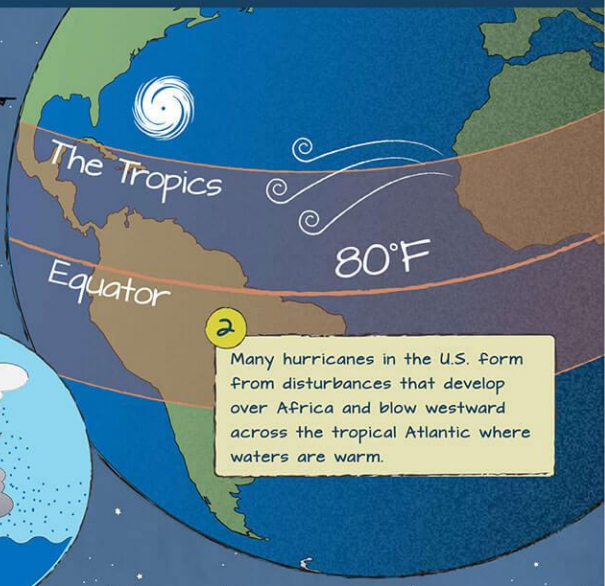
2. **How is this type of storm created? How does convection relate to hurricanes, storms, and weather in general?**

Convection occurs when warm air rises and cool air sinks. Hurricanes form over warm ocean water. Because of convection, the warm moist air near the ocean surface begins to rise. Air from the surrounding areas, pushes in to replace the rising air. That air then becomes warm and also rises, allowing more air to come in and replace it. The constant moving of air creates the spiral movement of the storm.



How Do Hurricanes Form?

1 Hurricanes form in tropical regions where the ocean is at least 80 degrees Fahrenheit. These waters evaporate, creating warm, moist air—which acts as fuel for the storm.

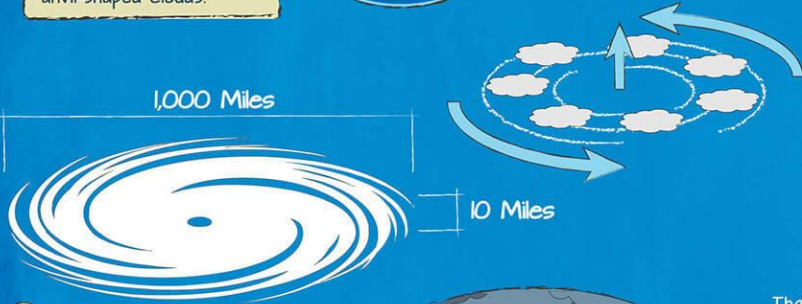


2 Many hurricanes in the U.S. form from disturbances that develop over Africa and blow westward across the tropical Atlantic where waters are warm.

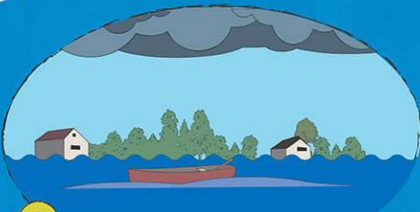
3 The warm, moist air rises high into the atmosphere where it begins to cool. Water vapor condenses back into liquid droplets and forms big, stormy anvil-shaped clouds.



4 As warm air rises, the winds begin blowing in a circle. The spiraling winds gather a cluster of clouds.

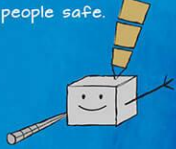


5 Once the spinning winds reach 74 miles per hour, the storm has officially become a hurricane. These storms can be 10 miles high and over 1000 miles across!



6 If a hurricane hits land, it runs out of warm, moist air and its winds decrease, but it can still cause lots of damage (especially from flooding).

Thankfully, the GOES-R series of weather satellites take a scan of the U.S. every five minutes, keeping an eye on conditions that might cause a hurricane. This helps meteorologists deliver early warnings and keep people safe.



Find out more about Earth's weather at scijinks.gov





ACTIVE GAMES

Loggers Relay

TIME:

10-15 Minutes per relay, depending on the number of children

GATHER THIS:

- One Pool Noodle Per Team

Tested, edited &
approved by:

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High School Senior

HOW TO PLAY:

1. Two teammates grab the ends of a noodle (like the ends of a jump rope) and lay it in front of the third teammate who is standing between them.
2. The middle "jumper" jumps over the noodle and the other two "swingers" swing the noodle behind and over the head of the jumper and then back in front so the jumper can jump over it again.
3. The teams go all the way from the starting line to the finish line and then run back to the starting line.
4. Repeat three times until all team members have been the "jumper" and the "log swingers."



AS YOU PLAY:

Encourage the players to use proper communication and teamwork skills and use this game as an opportunity to practice patience.



ACTIVE GAMES

Pool Noodle Frisbee Race

TIME:

10-15 Minutes per relay, depending on the number of children

GATHER THIS:

- Pool noodles
- Frisbees

Tested, edited &
approved by:

Shawna Vinkenberg,
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Coordinator

HOW TO PLAY:

1. Teams line up at the starting line. The first person in line holds the pool noodle in one hand and a frisbee in another.
2. On “go” the first person in each line balances the frisbee on top of the pool noodle and then walks/runs to the finish line cone, runs around the cone and back to the starting line where they hand off the the frisbee and pool noodle to their team mate next in line.
3. If they drop the frisbee, they have to return to the starting line, balance their frisbee on top again and start again.
4. Repeat relay 2-3 times so kids have a chance to improve their balancing skills and encourage their team mates.

Hints for younger participants:

If they drop the frisbee, have them stop where they are at, rebalance the frisbee, and continue without returning to the starting line.

Using shorter pool noodles and having them hold the noodle nearer to the top will be easier and less frustrating.

AS YOU PLAY:

Encourage the players to use proper communication and teamwork skills and use this game as an opportunity to practice patience.



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Rock, Paper, Scissors Active Game

TIME:

15-20 Minutes

GATHER THIS:

- Hula hoops or 1 inch thick floor tiles (3'x3')
- Large open space

HOW TO PLAY:

An active twist on a classic childhood game that encourages moving the body, coordination, teamwork, encouragement and having FUN!

1. Lay out the hula hoops in a line. They don't have to be perfectly straight - it's more fun if they zig-zag - but there should be only one clear path through them. Each hula hoop should be within hopping distance of the one before and after it.
2. Give a quick tutorial on how to play "Rock, Paper, Scissors." Have kids practice with a partner.
3. Split the kids into two teams and have them lineup on opposite sides of the path.
4. When you say "GO!" the first player on each team must begin *hopping* through the hula hoops toward the other side.
5. When players meet in a hula hoop they must have a rock paper scissors showdown to determine who continues on.
6. The losing player exits the path and goes to the end of their line, and their next teammate in line immediately begins hopping through the path. *It's important that the children are watching their teammate and jump in as soon as the battle is lost so they can prevent the other team from moving as much as possible!*
7. When one player reaches the other side, pause the game and give that team a point.
8. After points are scored, play continues.

Look for and praise students who are encouraging one another and using words of affirmation.



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approved by:

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Sponge Darts

TIME:

15 Minutes

GATHER THIS:

- A bucket/tub of water for each target
- Sidewalk chalk to draw bullseye targets on the sidewalk
- Sponges - common kitchen sponges work great
- Orange cones
- 5 gal plastic buckets
- Towels for drying hands and faces as needed

GAME DESCRIPTION

- Throw the wet sponges onto and at targets

HOW TO PLAY:

1. Use the sidewalk chalk to draw 3-4 large bulls eye targets on the sidewalk. Give number value to each area of the target.
2. Use a cone to mark a starting line for kids to throw behind.
3. Divide the kids into groups.
4. Kids wet their sponge in the water and squeeze most of the water out before tossing.
5. Kids stand in line and one at a time, toss 3 sponges toward the target they are at. Child counts the points they earned and then retrieves the three sponges and hands them to the next person in line
6. Repeat rewetting the sponge as needed. Repeat through the line until about 5 minutes are up.
7. Rotate the kids through the different targets every 5+ minutes

Teams can count how many sponges they get into the center of the target in 5 minutes/tally points and work as a **team** etc. Celebrate successes. High Fives, fist bumps!



LAB



SQUARE AND STRAWS

TIME:

10 minutes

MATERIALS:

- 1 bendy straw for each student
- 4 colors of construction paper cut into 1 ½' squares (20 small squares of four different colors/group)
- Baggies for colored squares
- Paper plate or bowl for each student

Tested, edited &
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Shawna Vinkenberg,
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Coordinator

CHALLENGE:

Here is a fun lab that will keep the kids busy! Cut one-inch squares of different colored construction paper. Spread the paper squares on a table and have each player use a silicone straw to pick up their assigned color squares. The player that collects the most squares in a certain period wins!

Kids get into groups of 3 or 4 and sit around a small table or on the floor in a circle. Each student has a bendy straw.

Each student in the group should have a baggie of different colored paper squares.

Each kid places their paper squares in the center of the circle and mixes the colors around.

On 'go' each student uses their straw and only their straw to "suck" and collect only their paper squares and place them on their plate.

Play for 1 minute. Kids count the squares they collected.

Highest number collected wins. Keep track of the highest on the white board.

Remix all paper squares and play several rounds as time allows.



WHAT WE ARE LEARNING:

Straws can be used for a variety of fun and educational activities. Straw activities allow younger children to explore their creativity while developing their fine motor skills. They are also terrific for sorting, counting, and increasing hand-eye coordination.





ACTIVE GAMES

**Tested, edited &
approved by:**

Sarah Springer, Aurora
High School Senior

Tails

TIME:

10-15 Minutes

GATHER THIS:

- One sock, bandana or fabric square to act as a tail for each child.
- A clearly designated open space for the children to run around in.

HOW TO PLAY:

- Each child tucks a 'tail' into the back of their shorts/pants.
- The children run around the play space trying to capture the tails of the other players whilst also keeping their own tail safe.
- If a child's tail is captured, they perform a pre-agreed fitness activity – e.g. 5 jumping jacks or hop on one foot for 10 times. They can then rejoin the game, trying to capture a new tail from another player.
- Play ends after a specified time period or when one child captures all of the tails.

AS YOU PLAY:

Celebrate "positives" you see in sportsmanship and encouragement from the students and teams!



ACTIVE GAMES



Tested, edited &
approved by:

Sarah Springer, Aurora
High School Senior

Towel Race Relay

TIME:

10-15 Minutes

GATHER THIS:

- 2 hand towels for each team
- Large open space
- Cones to mark starting line and turning around spot

HOW TO PLAY:

1. Divide kids into 2 teams.
2. Use cones for starting line and turning around line.
3. Each player must race to the turn around point and back stepping only on his two towels.
4. Kids line up in single file lines at the starting line.
5. The first person in line holds both towels in their hand.
6. On "Go" the first student lays down the first towel and steps on it. He then, lays the second towel in front and steps on it. He then reaches back and moves the first towel forward to step on.....and so on and so on to the turn around point.
7. At the turn around point, the student picks up both towels and races back to the finish line where they hand the towels to the next student in line.

OTHER OPTIONS

Try the race facing backwards.

Try using only one hand during the relay race.

AS YOU PLAY:

Celebrate "positives" you see in sportsmanship and encouragement from the students and teams!



ACTIVE GAMES



Tested, edited &
approved by:

Shawna Vinkenberg,
Edgerton Afterschool
Coordinator

Water Race Relay

TIME:

10-15

GATHER THIS:

- Buckets
- Large Spoons
- Towels

HOW TO PLAY:

1. Fill each buck with water and place at the starting line.
2. Put an empty bucks for each team at the finish line.
Mark a line inside the bucket where the water needs to be filled.
3. Have the first player dip their sponge into the bucket of water. Then, the player runs to the other bucket and wrings out the sponge into the empty bucket. Next, the player runs back to the starting line and hands the sponge to the next player.
4. Play continues until the bucket at the finish line is filled to the line.

ALTERNATE RACE IDEAS:

Instead of using sponges, have the kids transport the water in plastic cups. Players fill the cups and race them to the finish line. Then, switch players.

AS YOU PLAY:

Encourage the players to use proper communication and teamwork skills and use this game as an opportunity to practice patience.