

Simple Activities for Children and Adolescents

Activities with no supplies needed:

- ___ Tell stories.
- ___ Tell exaggerated “Stories” of the “old days” to entertain.
- ___ Put on mini plays or skits. Have children act out different characters.
- ___ Play “Story Building.” One person starts the story and then the other(s) add(s) to it during their turn.
- ___ Share secrets, most embarrassing moments, wishes, and/or dreams.
- ___ Make up different dances or dance to known songs (i.e., the hokie pokie). Have a dance contest.
- ___ Play “Name that Tune.” One person hums a tune or says a line from a song and others try to guess what the song is.
- ___ Play “Hide and Seek.” Designate an area with clear boundaries. Have everyone gather around a landmark that will be home base. Pick a person to be “it.” Whomever that is will close their eyes and count to a designated number while the rest of the players hide. Once the countdown is done the person that is “it” says “ready or not here I come.” Then this person goes to look for, and gently tag, the hidden players. The first player tagged will be it for the next round. Repeat.
- ___ Play “Tag” or some variation. Examples include Freeze Tag (when people are tagged they freeze into position. Others who have not been tagged can unfreeze them by touching the frozen person or crawl through their legs). TV Tag (once a player is tagged by the person who is it they can unfreeze by answering or naming something in a category that the person who is it has established. Example - person is it says cartoons. When a player is tagged they can say the name of a cartoon to become unfrozen.) Finally, Duck, Duck, Goose (players sit in a circle while the person who is it walks around gently tapping everyone on the head saying “duck.” The person who is it will choose a different player to be it by touching their head as they pass and say “goose.” This person will get up and chase the person around the circle, trying to tag them before they get the empty spot in the circle.
- ___ Play “Simon Says.” One player is designated Simon and the other players do whatever Simon says as long as the phrase “Simon says” comes before the command. If Simon does not say “Simon says” before the command the players are not supposed to do what they are told. Any player that acts without hearing “Simon says” is out of the game. The winner is the last player left.
- ___ Play “Mother May I.” One player stands far away from the others and is the “mother” while all of the other players stand in a group. Mother calls the name of one of the player and says (insert name here), you may take (insert numbers) steps. The player then must remember to say “mother may I?” before they move the allotted number of steps. The mother will either answer “yes” or “no”. If the player fails to ask and takes a step without permission or moves prior to mother’s response they must go back to the starting line. The first to reach mother wins and can then be the mother. The mother can also carry the types of steps being called (i.e., baby steps, giant steps).



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- ___ Play "Sound Search." Everyone sits still and identifies as many different sounds as possible.
- ___ Play "Red Rover." Separate everyone into two equal teams. Have each team stand in a straight line, holding hands. The two teams should be facing each other, about ten yards apart. Team A decides who to "call over" from Team B. Once Team A has decided, they sing, "Red Rover, Red Rover, we call (name) over!" The player from Team B who was called must run to Team A and try to break through the arms of the other team. If the person breaks through the line they add to the other team's chain. Continuing playing until one team only has two people.
- ___ Play "Wheelbarrow Races." Partner up and have teams of two line up at a starting line. One partner faces the finish line, and places his/her hands on the ground and their feet in their partner's hands. At a signal to start the teams walk to the finish line this way. The first team to cross the finish line wins.
- ___ Play "Marco Polo" on land. One player is "it" and is blindfolded and spun around couple of times. The player who is it closes his/her eyes and to 20 to allow other players time to move away and hide. The players have to stop where they are when the person who is "it" stops counting and must stay in those positions until the end of the game. The person who is it yells out "Marco" and the players have to respond with "Polo". The person who is it uses these responses to find the other players. As the other players are tagged they are eliminated from the game. The winner is the last person standing who has not been tagged.
- ___ Play "Follow the Leader." Players line up and walk behind the leader, copying whatever the leader does.
- ___ Play "Charades." One person (or team) acts out a movie, book, or TV show using only body language while others try to guess what they are acting out.
- ___ Play "Encore." Assign common words to two teams who take turns trying to think of a song that contains each word. Each team must be able to sing at least eight words of the song in order for the entry to count.
- ___ Play "20 Guesses." Think of a noun, cartoon character, singer, movie, book, television show, or sports star. Have the players take turns guessing what it is the person who is "it" is thinking. Answer the guesses with only a yes, no, sometimes, usually, or rarely respond. When the 20 guesses are up the players get to guess what it could be. If no one answers correctly the answer is given.
- ___ Play "Rock, Paper, Scissors." Two people move their fists up and down three times while saying together "rock, paper, scissors". On the fourth downward motion each person chooses a gesture:
 - * Rock: a closed fist
 - * Paper: a flat, open hand
 - * Scissors: index and middle finger extended out to look like scissors
 - * Winning: Rock smashes scissors, scissors cut paper, paper covers rock.

___ Exercise. Take a walk, dance, do yoga, stretch.

Red Rover...Red Rover...Let Sally Come Over...

___ Go outside at night and point out different constellations.

