

Instant Group Activities

Children love to play! Try some fun and easy group activities to get kids moving.



Simon Says: Someone gives commands, and the kids follow. Instead of just simple actions, you can make “Simon” say exercises. For example, “Simon says, run in place!”



Animal Walks: Have kids act like different animals by walking like them. Some examples are bear crawls, crab walks, or frog jumps.

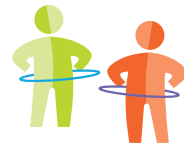


Obstacle Course: Set up a simple course. Crawl under a table, jump over pillows, or run around cones. Set a timer or make it a race.



Red Light, Green Light: One person is the “traffic light” and calls out “Green Light” (kids run) or “Red Light” (kids freeze). Anyone caught moving during a “Red Light” is out.

Duck, Duck, Goose: Kids sit in a circle. One child walks around tapping others on the head, saying “Duck, Duck, Goose.” When they say “Goose,” the tapped child gets up and chases them around the circle.



Hula Hooping: See how long kids can keep the hoop spinning around their waists, arms, or legs for a fun activity.

Keep Away: Two players take turns throwing a ball to each other over the head of a third player standing in between them. If the middle player catches the ball, the last person to throw it becomes the new middle player.



Freeze Dance: Turn on some fun music and let kids dance around. When the music stops, they freeze in place until it starts again.

Treasure Hunt: Hide small items where kids must move all around to find them.

Follow the Leader: One child leads the group by performing actions (like jumping, clapping, or spinning), and the others follow along. Change the leader after a few minutes.



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