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***Hi everyone! Below are some games that can be played with families that are in line with our “social distancing” protocol - they involve no touching or tagging. Stay healthy and remain active!***

* ***Coach Jahnke***

***Detective***:

**Before you start:**

• Choose a game leader.

• Choose one place where one student can hide from the detective.

• This game can be played in a circle or at their desks.

• If it is close to the beginning of the school year, go over everyone’s name to check if there is a

student who does not know everyone’s names.

**How to play:**

• One student leaves the room and becomes the detective.

• Choose one student to hide.

• The leader tells the rest of the circle changes places or changes seats.

• Call the detective back into the room.

• The detective then tries to guess who is hidden.

• If the detective guesses correctly, he or she is the detective again.

• If the detective is wrong, the student who was hiding is the new detective and the leader will

choose a new person to hide.

***Ro-Sham-Bo EVO***

**Before you start:**

• Choose a game leader.

• Have the whole group gather in a contained area.

• Explain the four levels of Evolution:

o 1. Egg

o 2. Chicken

o 2. Dinosaur

o 4. Rock star

• Each level of Evolution has an action that goes with it.

1. Eggs walk around with their hands over their heads, repeating, “I’m an egg. I’m an egg.

I’m an egg.”

2. Chickens walk like a chicken and cluck.

3. Dinosaurs have arms outstretched like big jaws.

4. Rock stars walk around like they are playing a guitar.

• The leader will demonstrate the four levels of evolution, and explain what happens if a student

loses a round of ro-sham-bo.

o If you win against somebody who is the same level as you, you go up one level. If you

lose, you go down one level.

• The leader will remind players that they can only do Ro-Sham-Bo with someone who is at the

same stage of evolution.

**How to play:**

• Everyone begins as an egg.

• Players mix up, pair up and play Ro-Sham-Bo.

• The person who wins evolves to the next step. The person who lost goes down one stage. If

the player is already an egg, he or she remains an egg.

• Players pair up again, only with someone who is in the same stage of evolution as they are.

• When a player evolves all the way to a rock star, he or she can only play other rock stars. If a

rock star loses a round of ro-sham-bo, he or she becomes a dinosaur. If a rock star wins a round

of ro-sham-bo, he or she stays a rock star.

• Game ends when the time limit is up.

***Four Corners***

**Before you start:**

• Choose a game leader.

• Split students equally among the four corners.

• Do a practice round with the leader in the middle.

**How to play:**

• The student in the middle will close their eyes and count down slowly and loudly from 10 to

zero.

• While the student in the middle is counting, all other students may stay where they are, or

quietly move to a different corner.

• When the student in the middle gets to zero, all students must be at a corner (if they are not in a

corner, they sit down.)

• After counting, the student keeps his or her eyes shut and points to one of the four corners.

• The student in the middle opens his or her eyes.

• Any students standing in that corner must sit down.

• If no one is standing in that corner, everybody who is sitting may stand up and get back into the

game.

• When only one student is left standing, he or she becomes the counter for the next round.

***Poison Dart Frog***

**Before you start:**

• Choose a game leader.

• Have students stand in a circle.

**How to play:**

• The job of the detective is to seek out and catch the poison frog before they poison too many

students in the circle.

• The detective has three guesses to spot the suspect before they get away.

• All students stand in a circle. The leader chooses the detective, and he or she leaves the circle

with his or her back turned to the circle.

• Everyone in the circle puts their heads down, and the leader chooses the poison frog by tapping

one student twice on the shoulder.

• The leader tells the group to put their heads up.

• The poison frog’s job is to poison as many victims as possible by quickly sticking his or her

tongue out at other students in the circle.

• The leader asks the detective to come back to the circle, and the poison frog starts poisoning

other students with his or her tongue. The poison frog should be careful so that he or she

doesn’t get caught by the detective.

• If the poison frog makes eye contact with somebody and sticks out his or her tongue, that

student has been poisoned and should kneel down on one knee, or turn around.

• The detective has three tries to find the poison frog.

• When the game ends, the leader picks a new detective and a new poison frog.

***SPLAT!***

**Before you start:**

• Choose a game leader.

• The leader will explain the rules to the group, and will ask one or two students to explain to him

or her what happens if a player is the last to SPLAT.

**How to play:**

• The player standing in the middle of the circle is the splatter.

• The splatter randomly points at someone in the circle and shouts, “SPLAT!”

• The player that is pointed to goes down on one knee. Then, the two players both sides of the

player who went down SPLAT! each other by pointing at each other and yelling, “SPLAT!”

o The last one to say, “SPLAT!” leaves the circle, and the player who went down on one

knee stands back up.

• The game continues until there are two players left. The final two players ro-sham-bo to see

who will be the new splatter in the middle of the circle.

***What Changed?***

**Before you start:**

• Choose a game leader.

• The leader will pick four people to be up front.

**How to play:**

• The four students stand in front of the group and freeze, and the rest of the group memorizes

how they were frozen.

• Then, the group turns around and the four up front choose one thing that they will all change

about how they were just frozen. They could all be frowning, or have their eyes closed, etc. Be

creative, but appropriate.

• When they are ready, the leader tells the group to turn around.

o If anybody in the group notices something different about any of the four, he or she

raises his or her hand to guess what changed.

• If he or she is right, they trade places with one person up front.

• After the group has guessed, all four people up front come back to the group, and the leader

chooses four new people to be in the front.

***Night at the Museum***

**Equipment needed:** flashlight

**Before You Start:**

• The leader chooses one student to be the “Night Guard”

• To start, countdown “5, 4, 3, 2, 1... Frozen!”

**How to Play:**

- When the Night Guard is looking at you, you must remain frozen. When his/her back is turned, you are free to move around.

• Ways for students to get “out”: moving while the Night Guard is looking at them or making

any kind of noise