

READY

Children move from one color station to another while avoiding being tagged. The color stations are safe zones where children cannot be tagged.

SET

- Establish a play space (20 x 20 paces) using cones or other boundary markers. Place the markers at the four corners of the play space to designate boundaries.
- Set up five color stations to represent different fruit and vegetable color groups — blue/purple, red, green, orange/yellow, and white.
- You may wish to separate younger children (5-8 years old) from older children and have them play a separate game of Color Tag.

GO

1. Lead the children in playing Color Tag by using the organization and teaching cues below.

ORGANIZATION

- Have children scatter around the designated play space, between color stations, but not standing in them.
- Choose 1 out of every 6-7 children as a tagger. Give each tagger a ball or other safe tagging item.
- You may want to set a limit on how many children can be in a station at the same time.
- Game starts with a whistle blow, the start of music, or when you say “Go!”
- Stop the game by blowing the whistle twice, stopping the music, or saying “Stop!”

TEACHING CUES

- Who can show us a safe way to tag someone?
- Remember to tag between the waist and shoulders.
- There are no tag backs and no throwing the tagging item.
- When the whistle blows, walk quickly in the play area.
- Don’t let yourself get tagged by anyone.
- The color stations are safe zones where you can’t be tagged.
- If you get tagged, take the tagging item and try to tag other kids.
- If you hear the whistle, its time to leave your color station.
- Freeze when you hear me blow the whistle twice.
- If you are not already at a color station, walk quickly to the nearest station.
- To end the game, name one fruit or vegetable that belongs in that color group.

Color Tag



TIME

- Prep — 10 minutes
- Activity — 50 minutes

MATERIALS

- Materials for making 5 different color stations in blue/purple, red, green, orange/yellow, and white. Try colored hula hoops, colored chalk circles drawn on pavement, colored paper taped to the ground, colored flags posted on the wall, colored string or ribbon, etc.
- One safe tagging item (e.g., bean bag or foam ball) for every 6-7 children
- *Optional:* 4 cones for boundaries
- *Optional:* Whistle or music



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GO FARTHER

- Use Activity 3: Warm Up for Power before beginning this game. Ask the children if they remember why it is important to warm up.
- Once everyone is warmed up by fast-walking, change the movement every few rounds to skipping, galloping, hopping on one foot, etc.
- Have children name a fruit or vegetable of that particular color when entering a color station.

BRING IT HOME

- Ask children to teach Color Tag to friends in their neighborhood or to family members.
- Children can share what they've learned about the 5 fruit and vegetable color groups with their families.