

# Red Light, Green Light

**Group Size:** 1-50

**Age Group:** preK-5<sup>th</sup> grades

**Length of Activity:** 5 minutes

**Developmental Goal:** To develop awareness

**Skills Practiced:** Listening, observation and agility

**Equipment Needed:** None

**Set Up:** Clearly define the playing area with a designated starting line and finish line.

## Before You Start:

- Make sure all students know the rules and what happens if they move on a 'Red Light'.
- How to move quickly and safely.

## How to Play:

- Start with all students along the starting line,
- When you say 'Green Light' everyone will walk towards the finish line,
- When you say 'Red Light' everyone must immediately stop.
  - If students are still moving when you call 'Red Light', they must go back to the starting line.
- Start a new round when everyone gets across the finish line or when most of the students make it across the finish line.

## Variation(s):

- Give variations of how children make move towards the finish line, e.g. hop, skip, gallop etc.
- The leader can designate him/herself as the finish line. This enables the game to move around so that when students begin to get close to the finish line (the leader) the finish lines moves farther away.
- For the hearing impaired, you can turn your back towards the group for red light and turn around (face your group) for green light.

## Indoor Modifications:

- Remind that no running is allowed.
- Green Light=Walk, Yellow Light = Slow Motion, Red Light =Stop.
- If there are too many kids to play safely in the space, divide into groups and play multiple rounds. The first person to finish round 1 can be the leader for round 2.

pK-5 <sup>th</sup>	I	N	T	C	Ad,Au,De	L1
--------------------	---	---	---	---	----------	----