



The Play at Home Playbook: Powered by Playworks

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About this Playbook

At Playworks, we believe every child should experience safe and healthy play every day. Playworks' evidence-based programs have been proven to get kids moving, while teaching them social-emotional skills like cooperation and conflict resolution. Now more than ever, these skills are essential to helping kids across the country combat stress and anxiety and successfully navigate the uncertainty and change associated with the COVID-19 crisis.

The games in this guide can be played anywhere, but we have assembled them for kids who may be playing at home due to school closures. In these settings, the challenge is not just to introduce games kids will love, but also to ensure that children can play in the space safely and in accordance with all CDC guidelines to help prevent the spread of coronavirus.

Making playtime run smoothly often starts with game rules, while still keeping it fun. In the following pages, you will find the rules of games that require little to no equipment, can be played with one child or siblings, and can be led by families, teachers, caring adults, and peers.

For more than 24 years, Playworks has helped schools and youth organizations through on-site staffing, consultative support, staff training, and most recently, online learning. We are a mission-driven nonprofit committed to the power of play.

This Play at Home guide is accompanied by resources available online. Visit www.playworks.org/PlayatHome for more games and resources.

Have fun!
The Playworks Team

Most games can be played inside or outside. CDC recommendations for interaction include: play with groups of ten or less, stand at least 6 or more feet apart from each other, wear gloves if sharing an object or give everyone their own object, if possible, or clean hands thoroughly before and after play, clean and disinfect equipment frequently and thoroughly. For the most up to date guidelines visit cdc.gov.



Beans on Toast



of people to play: 2+

Best for ages: 5+

Equipment needed: None

Setup/Teaching Time: 5 Minutes

Before You Start

- Choose one person to lead the game and remind the group to focus on playing safely

Set Up

- Find somewhere to play that allows everyone to have some space to move
- The leader should stand in front of the group so that they are visible to everyone

How to Play

- The leader's job is to call out different types of beans. Each bean will have an action associate with it. When the bean is called out, the group does the action for that bean. The goal is to follow the directions as quickly as possible and



without making any mistakes. If you are able to go the longest without making a mistake, you get to be the new leader.

- Teach the various beans one at a time. Practice each one and add in new beans until you have a list of 3-4 that the group knows. Here are a few to start with:
 - String Bean - Stand straight and tall with your hands together over your head
 - Chilly bean - Shiver like you're out in the cold
 - Dancing Bean - Show one of your best dance moves
 - Green Bean - Run in place as fast as you can
 - Red Bean - Stop running and freeze
- The leader should call out the beans and mix up the speed and order. Example: "String Bean, Green Bean, Red Bean, Red Bean, Chilly Bean"
- If at any point someone does the wrong action they should step out and sit next to the leader.
- Aside from the various beans, the leader can also call out "Beans on Toast." When you hear "Beans on Toast," fall to the ground as quickly (and safely!) as you can.
- The leader will watch for the last person to fall to the ground. If you're the last one on the ground, step out of the game, sit next to the leader, and help them come up with new bean ideas.
- As you play, add in more beans, create your own beans and actions, and try to trick the group any way you can!

Challenge ideas

- What creative beans and actions can you come up with?
- As the leader, can you trick everyone all at once?
- How many commands can you follow before making a mistake?

Game Variations

- Instead of sitting out when a mistake is made, have players perform an action, such as 5 jumping jacks, to re-enter the game



The Big Cheese



of people to play: 3+

Best for ages: 5+

Equipment needed: None

Setup/Teaching Time: 3 minutes

Before You Start

- Practice the call and response of “I am the Big Cheese,” with all players responding “You are the Big Cheese.”
- Introduce the 3 different movements: Cheddar Cheese (hands circled in front), String Cheese (arms stretched overhead), Stinky Cheese (waving hand in front of nose)

Set Up

- All players stand in a straight line, in a semi-circle or circle so you can see everyone and identify who’s made which sign. Choose who will be the first “Big Cheese”



How to Play

- The leader begins each round by saying “I am the Big Cheese!” and the other players respond “You are the Big Cheese!”.
- The leader then counts “1...2...3!” On the “three,” players pick one of the 3 predetermined movements to show (Cheddar, String, or Stinky Cheese). At the same time, the Leader shows one of the 3 movements.
- Players who make the same movement as the leader are recycled (or out).
- The object of the game is for players to stay in the game by doing a different sign than the leader. The last player standing gets to be the next “Big Cheese.”

At-Home Accommodations

- Play sitting down if space is limited indoors.

Challenge ideas

- Play the game while standing on one leg!
- Challenge the players to come up with more cheeses and associated actions.

Game Variations

- Students can complete an action (example: 5 jumping jacks) to re-enter the game rather than sitting out
- Connect game to what kids are learning in class (plant cycle, larva cycle, etc)



Huckle Buckle Beanstalk



of people to play: 3+

Best for ages: 5+

Equipment needed: A small unique object to hide (beanbag, marker, etc.)

Setup/Teaching Time: 5 minutes

Before You Start

- Remind everyone to be fair and honest during the game - especially when the object is being hidden.
- Remind the person hiding the object to remember where they put it.

Set Up

- Decide on a starting area for each round. This could be a spot in the room such as a couch or your desk. This is where everyone will stand while the object is being hidden.
- Choose one person to hide the object first.



How to Play

- To begin, have everyone in the starting area put their heads down and close their eyes.
- One person will take the object and hide it in plain sight somewhere in the room. The seekers shouldn't need to touch, rearrange, or open anything in the room to find the object.
- Once the object is hidden the hider can return to the starting area and let everyone know they can begin searching.
- The goal of the game is to find the hidden object as fast as you can and keep it a secret from other players.
- When you find the object, don't give away its location - don't point at or pick up the object. Simply make your way back to the starting area. Once you are back at the starting area, say "Huckle Buckle Beanstalk!"
- Keep playing until everyone has found the object. Then, choose someone new to hide the object. Make sure everyone gets a chance to hide it.

At-Home Accommodations

- Play in a specific room or throughout the house.

Challenge ideas

- Can you hide your object in a spot no one can find?
- How quickly can you find the object?

Game Variations

- Allow the object to be hidden out of plain sight - in a box, under a pile of clothes, etc.
- Have multiple people hide an object then race to see who can find someone else's object first.



I see, I see (Brain Break)



of people to play: 5+

Best for ages: 3+

Equipment needed: No equipment needed

Setup/Teaching Time: 5 minutes

Before You Start

- Make sure players know to not make any physical contact with each other.

Set Up

- Designate an appropriate play area with clear boundaries.

How to Play

- Players begin walking around the designated area (use movement modifications to make this more playful: examples include a runway walk, slow-mo walk, zombie walk, etc.)
- When the leader says the words “I See, I See.” the players freeze. After the players freeze, they will ask the leader, “What do you see?”
- The leader will then say, “I See _____.”



- Whatever the leader says, the players act it out in the designated area.
 - An example dialogue/sequence for the game:
 - Leader: “I See, I See!”
 - Players: “What do you see?”
 - Leader: “I see a superhero flying in the sky!”
 - Players then act like superheroes flying in the sky.
 - After the players have successfully acted, the leader will then repeat the phrase, “I See, I See” and the game will continue with new actions.

At-Home Accommodations

- Play sitting down if space is limited indoors

Modifications for Social Distancing

- Have players standing/sitting in certain spots of the designated area. Players cannot wander from that spot or move closer to each other.

Challenge ideas

- Challenge players to be really silly with their actions. Their goal can be to make the other players laugh! The player with the silliest action gets to be the new leader.

Game Variations

- Connect the game to animals you see at the zoo, characters you see on tv, or anything players are interested in!



One Step Back



of people to play: 2+

Best for ages: 5+

Equipment needed: A tossable object like a ball

Setup/Teaching Time: 2 minutes

Before You Start

- Have all players stand in a circle, or an equal distance apart.

Set Up

- You'll need a ball or tossable object, and some space for everyone to spread out.

How to Play

- Start with a small circle--each person standing an arm's length apart. The leader starts the game by passing the ball to the person next to them. When each person gets the ball, their job is to pass it on to their neighbor.
- Once the ball makes it around the circle without anyone dropping it, the leader says "One step back!" and all players take one step back.



- Then, everyone passes the ball around the circle again. If the group successfully passes it all the way around without dropping it, the leader says “One step back” and everyone takes one step back--making the circle even larger.
- This continues until the ball is dropped, at which point we say “Good job, nice try!” and the group returns to the center to try again.

At-Home Accommodations

- You can use any tossable object to play this game. Balls work well outdoors, but if you're playing indoors, try using a soft object such as a balled up sock!

Challenge ideas

- Try playing this game while standing on one foot.
- Add throwing challenges to the game. For example, only throw with your non-dominant hand, or throw under your legs.

Game Variations

- Play “soccer style” and kick the ball on the ground instead of tossing it. If the next person has to take more than one step to receive the pass, start over!
- Play “football style” and punt the ball with your foot instead of tossing it. If the next person drops the punt, start over!
- Instead of taking just one step back each round, the leader can choose to say any number up to 10. All players will take that number of steps back!



Popcorn



of people to play: 1+

Best for ages: 5+

Equipment needed: 1 ball

Setup/Teaching Time: 1-2 Minutes

Before You Start

- Get a ball or soft throwable object and a few people to play with (you can also play this game on your own!)

Set Up

- Find an area with space for your group to make a circle - preferably with a high ceiling. Playing outside works great, too!

How to Play

- One person starts the game by throwing the ball in the air, clapping one time, and then catching the ball.
- Once you've tried it one time, pass the ball to the person next to you in the circle so they can try. Continue this all the way around the circle, giving everyone a turn.



- If you drop the ball or don't clap the correct number of times, you were unsuccessful and that's okay.
- When it gets back to the first person, check in with everyone. If you successfully clapped and caught the ball, move up to Level Two. If you were unsuccessful, stay on Level One.
- Level Two means that you'll try to clap two times before catching the ball. Level Three means three claps, Level Four means four claps, and so on.
- Each time the ball comes to you, try the level you are on. If you're unsuccessful, stay on the same level and try again when the ball makes it back to you.
- The goal of the game is to see how many claps you can work up to and still catch the ball each time.
- If you're playing on your own, just work your way up and see how many claps you can get to!

At Home Accommodations

- Ball up a sock or crumple up a piece of paper to use as a ball.
- Play outside for more space.

Challenge ideas

- How many claps can you do?
- How quickly can you get to ___# of claps?
- What other actions can you do while the ball is in the air? Spin around, clap behind your back, etc.

Game Variations

- Give everyone a ball and race to a certain number of claps.
- Partner up and pass to your partner. They'll try to clap before they catch the ball.



Rock, Paper, Scissors Stretch



of people to play: 2

Best for ages: 6+

Equipment needed: None

Setup/Teaching Time: 3 minutes

Before You Start

- Make sure everyone knows how to play Rock, Paper, Scissors!
 - Rock: make a fist with your hand. This is more successful than Scissors.
 - Paper: hold your hand out flat. This is more successful than Rock.
 - Scissors: make a scissor shape with your first two fingers. This is more successful than Paper.
 - To play, chant “Rock Paper Scissors Go!” while gently placing a closed fist on your open palm. On “Go,” reveal your choice of Rock, Paper, or Scissors.

Set Up

- Identify an open space where both participants will have room to stretch out their legs.



How to Play

- The goal of the game is to stay balanced without falling over. Try to stay balanced longer than your partner!
- Start out by facing your partner. Play a game of Rock Paper Scissors.
- Each time you win a game of Rock Paper Scissors stay where you are--you don't need to move your feet!
- Each time you lose a game of rock paper scissors stretch out by one foot length.
 - One way to do this is to simply take a step back with your back foot, keeping your front foot in the same spot. Each time you lose a game, your back foot goes further back and your front foot stays in the same place!
 - To more precisely stretch out the same distance each time try this: swing your front foot behind your back foot and touch your toe to your heel. Leave that foot there and slide your new front foot up to your partner's toes.
- Keep playing Rock Paper Scissors and stretching out after each round! The game goes until someone falls over, holds onto something for balance or can't stretch any further.

At-Home Accommodations

- Consider moving furniture to make sure each partner has enough space to stretch.

Challenge ideas

- How far can you stretch?
- Can you play a perfect game without ever having to stretch out?

Game Variations

- Play with 3 people at once. Stretch out for each person who beats you in Rock Paper Scissors. For example, if two people play paper and one plays Rock, the person who played Rock would take two steps back!



Blizzard *(Challenge Game)*



of people to play: 1-10

Best for ages: 5+

Equipment needed: 1 piece of paper

Setup/Teaching Time: 1-2 minutes

Before You Start

- Find an open space large enough for the group to stand in a circle.

Set Up

- Take the piece of paper and create small rectangles (about 2 inches wide by $\frac{1}{2}$ inches tall). You can rip the paper or cut it with scissors. These rectangles will be the “snowflakes.”
- Stand with the group in a circle in the middle of the designated open space.

How to Play

- For the first round, choose someone to hold one of the “snowflakes.” When everyone is ready, throw the “snowflake” as high as you can into the air.



- As the “snowflake” floats down, work together with your team to catch it before it hits the ground.
- If you are able to catch it before it hits the ground, you move up to the next level! To move to the next round, everyone shouts “Just One More!” Add one more “snowflake”--this will be thrown with the first “snowflake.”
- During the second level, you must catch BOTH “snowflakes” to move up, during the third level you must catch ALL three to move up, the fourth you must catch ALL four... and so on.
- If at any time you throw the “snowflakes” into the air and the team is unable to catch ALL the “snowflakes,” that’s alright! Try that level again using the same number of “snowflakes.”
- Keep playing and get creative with how you work together to catch them all!

At-Home Accommodations

- Try dropping them all from a higher spot for everyone below you to catch. Make sure you consider safety when choosing a higher spot to drop “snowflakes” from!

Modifications for Social Distancing

- Play with your own set of “snowflakes” or on a team of 2 and compete to see who can catch the most.

Challenge ideas

- How many “snowflakes” can your group work up to?
- How many can you catch without using your hands?

Game Variations

- Play in smaller groups, with a partner, or on your own.
- Cut paper into decorative “snowflakes” to use! Make this an activity before the game.



Concentration Ball



of people to play: +2

Best for ages: 6+

Equipment needed: Soft ball that can be easily thrown or caught

Setup/Teaching Time: 30-60 seconds

Before You Start

- Explain how to make a good underhand toss with eye contact.
- Explain that players have to say the intended recipient's name before throwing.
- Make sure players know to throw gently!

Set Up

- Identify an open area where players can form a small circle.

How to Play

- You pick a theme such as animals, cars, sports, colors, fruits, singers, etc.



- One person starts with the ball and says something that fits the theme (such as “cat” if the theme were animals), then says the name of someone in the circle and tosses them the ball.
- That person must say the name of a different person/object/animal in the theme, followed by the name of another player, and toss the ball to that person.
- You may not repeat answers and you only have 3 seconds to say yours!
 - If a player repeats an answer or can't complete their turn within the allotted time, they must complete 5 jumping jacks before rejoining the circle!
- Once three people get stuck, switch to a new theme!
- If someone drops the ball or misses a catch, they are the only one who should chase the ball to put it back in play.

At-Home Accommodations

- If there is no ball available, roll up a sock to use as a soft throwable object.
- If using a ball or soft object, avoid areas with windows, glass objects, etc.
- Play sitting down if space is limited indoors!

Modifications for Social Distancing

- Instead of throwing a ball/soft object, one can point or throw an imaginary ball.
- Can be played via Facetime, Google Hangout, Zoom, etc. Instead of throwing the ball players can simply say the next person's name.

Challenge ideas

- Endurance: Try to get to 20 total of whatever theme is chosen! (Example: 20 animals are named before someone makes a mistake or takes longer than 3 seconds to respond).
- Timed: try to get 20 total of whatever the theme is spoken within 20 seconds!

Game Variations

- For younger players, you may have them hand or roll the ball to each other instead of throwing.
- Add a rule that you may not throw the ball back to the person that tossed it to you!
- Elimination Round: If someone takes too long, they are eliminated. The last person in the game gets to pick the next theme. All players rejoin for the next round!



Giant



of people to play: 4+

Best for ages: 4+

Equipment needed: None

Setup/Teaching Time: 3 minutes

Before You Start

- Identify the clear boundaries of the game and make sure players know of any off-limits spaces (under furniture, leaving the room etc.).
- Make sure all students understand how Villagers get “caught” and how to get back in.

Set Up

- Identify an area where players can safely crawl. Ideally there will be obstacles to crawl around.
- Identify where Villagers go when they get caught.



How to Play

- The Leader is the Giant, all other players are Villagers.
- The Giant starts on the edge of the space and says “Fee, Fie, Foe, Fum, Freeze!” to start the game. Villagers may crawl around the space until the Giant says “Freeze!”
- While frozen, Villagers must stay totally still and silent!
- After saying “Freeze!”, the Giant can take up to three giant steps to tag as many frozen Villagers as possible. Villagers cannot move away from the Giant!
- Villagers must return to their seat (or the designated “caught” area) when they are:
 - Tagged by the Giant.
 - Caught moving by the Giant OR any adults in the room.
 - Caught making noise by the Giant OR any adults in the room.
 - Caught moving on their feet (running) instead of crawling by the Giant OR any adults in the room.
- After the Giant takes three steps and tags as many Villagers as possible, the next round will start! The Giant will start from the place they ended after their three steps. The Giant will say the phrase, and Villagers can move until the Giant says “Freeze!”
- Repeat until either all Villagers have been tagged OR the Giant was unable to tag a Villager in that round.
 - Tagged Villagers may return to the game after a round when the Giant is not able to tag anyone (and no one is caught moving or making a noise)!

At-Home Accommodations

- This game can be played inside or outside! Choose a space where players can crawl safely. If you are using a smaller room, have the Giant take smaller steps or heel-toe steps!

Modifications for Social Distancing

- Remove tagging and have the Giant close their eyes while saying their phrase. After saying “Freeze!”, the Giant will open their eyes and take their three steps. While doing this, the Giant should try to catch villagers moving or making sounds!

Challenge ideas

- Challenge the Giant to take more or less steps each round!



Game Variations

- Select a new Villager to be a new Giant after each game!
- Have Villagers move in a different way - Heel-to-Toe walking, Fire Feet, hands must touch the floor, etc.
- Roll a dice to see how many steps the Giant can take!
- When the Giant tags a Villager, the Giant must win a round of Ro-Sham-Bo (Rock Paper Scissors) to be successful. Otherwise, the Villager “escapes!”



Recycle Ball



Can be played as just a game OR to help clean up!

of people to play: 2

Best for ages: 3+

Equipment needed:
Playground ball/soft throwable object and recycling bin or box

Setup/Teaching Time: 5 minutes

Before You Start

- Everyone should sit in a big circle.
- Emphasize the importance of cheering others on and using positive language!

Set Up

- Place a recycling bin/bucket/basket in the middle of the circle.

How to Play



- The ball is passed around the circle while the group sings a song. When the song ends, whoever is holding the ball gets to stand up and try to throw the ball into the recycling bin!
- Practice passing the ball hand to hand while singing a song. Song examples: “Happy Birthday,” “Alphabet Song,” “Row Your Boat.”
- Emphasize that the only time someone should stand is if they are holding the ball at the end of the song.
- The player holding the ball at the end of the song gets to stand up to toss the ball/object into the bin.
- Only the leader can get up to retrieve the ball from the recycling bin.

At-Home Accommodations

- Ball up a sock to use as a soft throwable object rather than a ball.
- Clean up fun! - Use this game to return toys into toy box/basket, clean up after a meal, etc.

Modifications for Social Distancing

- Players should maintain at least 6 feet of distance while sitting in the circle.
- Toss or roll the object (practice tossing “nicely” with the idea that the person can catch the object).

Challenge ideas

- Give yourself a time limit of 30 seconds to make it around the circle!
- Try to finish the game with everyone standing on one leg!
- Players can only use their non-dominant hand.
- If all the toys are picked up and the room passes “inspection,” you earn a “reward”- (rewards can be a parent reading a book to them, making homemade cookies, 15 min of tablet/electronic time, etc.)

Game Variations

- Let each player try tossing into the bin before starting the game and make sure everyone shouts “Good Job _____, Nice try!” for each person.



Red Light, Green Light



of people to play: 2+

Best for ages: 4+

Equipment needed: None

Setup/Teaching Time: Under 5 minutes

Before You Start

- Make sure everyone knows the rules and what happens if players move on a “Red Light.”
- Make sure everyone knows how to move safely throughout the designated space.

Set Up

- Clearly define the playing area with a designated start line and finish line. (You can use a wall, a natural boundary, or cones).



How to Play

- Begin with everyone along the start line.
- When you say, “Green Light” everyone will move towards the finish line.
 - Make sure you tell players how they should be moving during the Green Light! Let them know if they should be using running feet, walking feet, or another option like skipping.
- When you say, “Red Light” everyone must immediately stop and freeze.
 - If you see players are still moving after 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 players make it across the finish line.
- The first player to reach the finish line can be the new leader! If they have already had a turn, the next player to cross the finish who has not yet been the leader should have a turn.

At-Home Accommodations

- Use walking feet if playing indoors.

Modifications for Social Distancing

- Spread players out on the line to increase distance between players. Have players stand at least two arms-lengths away from each other.

Challenge ideas

- Introduce new colors of light to include different types of movement! For example:
 - Run on Green Light
 - Walk heel to toe on Yellow Light
 - Bunny Hop on Purple Light
 - Other movements: skip, gallop, tip toe, etc.

Game Variations

- The leader can designate themselves as the finish line. This enables the game to move around so that when players get close to the finish line (the leader), the finish line 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.



Seven



of people to play: 2+

Best for ages: 6+

Equipment needed: None

Setup/Teaching Time: 2 minutes

Before You Start

- Choose one player to start the game.

Set Up

- Arrange all players in a circle (sitting or standing).

How to Play

- The goal of the game is to work together as a group and count up to 7.
- Starting with the number 1, go around the circle and count up to 7 by having each person say one number. If there are fewer than 7 players, continue to go around the circle again (as many times as necessary!) to reach 7.
- When you get to 7, stop counting. The next person in the circle will come up with a sound or action to replace one of the numbers between 1 and 7.



- For example instead of saying the number 3, make the sound of a cow, or instead of the number 5, do a jumping jack.
- When the group knows the new rule, begin counting again starting at 1.
- When it comes to the number a rule was created for, make the sound or do the action instead of saying that number.
- If someone forgets the sound or action for a number, say “good job, nice try” and the group starts over from 1.
- Each time you get to 7 without making a mistake, add another rule (each new rule is added to your current rules - it doesn’t replace rules already in place).
- Go until every number has been replaced!

At-Home Accommodations

- Play around the dinner table or in the living room.
- Play it virtually! Start a video call with a few friends and decide on an order to go in.

Modifications for Social Distancing

- To play with social distance, make sure all players in the circle are at least 6 feet apart from their neighbors.

Challenge ideas

- Can your group make a rule for every number?
- Try playing with more numbers than seven (10, 15, or 20). How many rules can your group remember?

Game Variations

- For a silly twist, if someone giggles laughs or makes a mistake, have them do a lap around the group or 5 jumping jacks before continuing.



This is My Nose



of people to play: 2+

Best for ages: 8+

Equipment needed: None

Setup/Teaching Time: 3 minutes

Before You Start

- The group stands shoulder to shoulder.
 - All players stand in a straight line, in a semicircle, or a circle so the leader can see everyone and identify who's made which sign.

Set Up

- A space big enough for everyone to line up or circle up in comfortably!

How to Play

- The goal of this game is for the leader (the person in the middle of the circle) to try and trick someone in the circle into saying the wrong body part (Example: calling their nose a nose when they were supposed to say elbow!).
- The leader starts in the center, walks up to a player in the circle, points to their elbow and says: "This is my nose."



- The player must point to their nose and say: “This is my elbow.”
- The leader goes up to another player, points to another body part and misnames it.
- In order to move out of the middle, the leader must make a player in the circle mess up by saying/pointing to the wrong body part. The leader can then join the circle!
- When a player makes a mistake, they become the new leader and move to the center of the circle.

At-Home Accommodations

- Play sitting down if space is limited indoors.

Modifications for Social Distancing

- Players should stand/sit 2 arm’s-lengths apart.

Challenge ideas

- Play the game while standing on one leg!

Game Variations

- Players can point to objects in the room rather than body parts.
- Choose a category of objects for the round. Examples: only say/point to kitchen objects, objects bigger than your head, etc.



Up Down Stop Go (Brain Break)



of people to play: 2+

Best for ages: 5+

Equipment needed: None

Setup/Teaching Time: 2 minutes

Before You Start

- Demonstrate the appropriate (opposite) actions for “up”, “down”, “stop”, and “go”.
 - “Up” - Players squat down
 - “Down” - Players jump, or stretch up as high as possible
 - “Stop” - Players move around the play area in a specific movement (walking, jogging, running, hopping, etc.)
 - “Go” - Players freeze
- Explain that players who make a mistake should complete a task (ex: 5 jumping jacks) before returning to the game.
- Do a practice round first so that all players understand the commands and the movements that go with them. Make sure players understand what to do if they make a mistake!



Set Up

- Have all players stand around the room and designate a caller.

How to Play

- Caller calls out the commands “up,” “down,” “stop,” or “go” one at a time.
- For the first few minutes, the caller watches the group and stops the game when a player makes a mistake, giving them time to complete their task (for example, 5 jumping jacks) and join back in.
- After a few minutes, the caller should not need to stop for mistakes and should continue calling while players who made a mistake complete their task. Those players should join back in as the game continues!

At-Home Accommodations

- Run in place rather than freely moving throughout the home.

Modifications for Social Distancing

- All players stand 6 feet apart.

Challenge ideas

- How many commands can the entire group get through before a mistake occurs?

Game Variations

- Use literal commands (up means up, down means down, etc). Use only two commands to start. Then mix up all four commands.
- Have the caller use various speeds.



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