

MOVING TO THRIVE: ACTIVITIES FOR AGES 5 TO 10 YEARS

CHARADES



Materials:

Paper and Pens

Scissors (to cut paper)

1 bowl (or anything that can hold folded paper, like a hat) per team

Timer or Watch

Instructions:

In this game, four or more players act out words without talking, while their teammates try to guess the word. Gather your family and friends and the materials listed above. Divide into teams. Each team must have a minimum of two players. Each team gets a piece of paper and cuts it into six pieces. On each piece of paper, write a word that fits under one of the categories below. Fold the slips of paper and place in a bowl. Determine how long you will play. For example, 20 minutes. Teams switch bowls. Then, one team will start by having one member pick a piece of paper and act out the word. This member's team has to guess the word within one minute. After one minute, the next team takes their turn. The team with the most correct guesses in the allotted time wins!

Categories: TV Show, Movie, Animal, Person, Place, Thing

Create other categories, like relatives or favorite songs, to add your own family flare!

IT'S SHOW TIME!



Materials:

Any household items can be used as props

Stuffed animals or puppets

Items needed to highlight a talent or to add interest, like musical instruments

Instructions:

This activity allows your family to express their creativity! Help your children produce a play, talent show, or puppet show. The shows can be presented as private showings of two or for a large audience of family and friends! Gather as a family and write a script for a play, a puppet show, or a talent show. Act out the script using household items as props.

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PICTURE THIS!



Materials:

Paper

Pens

1 Bowl (or anything that can hold folded paper, like a hat) per team

Timer or Watch

Instructions:

Gather your family and friends and the materials listed above. Divide into teams. Each team must have a minimum of two players. Each team gets a piece of paper and cuts it into 6 pieces. On each piece of paper, write words that fit under the following categories: Person, Place, or Thing. Fold the slips of paper and place them in a bowl. Teams will switch bowls. Then, one team will start by having one member pick a piece of paper and draw the word without talking. This member's team is to guess what the drawing is within one minute. After one minute, the next team takes their turn. The team with the most correct guesses wins!

Need a challenge? Try drawing with your eyes closed or with the opposite hand!

CREATE AND CONSTRUCT



Materials:

Stackable plastic cups, plates, or bowls; or

Marshmallows and toothpicks; or

Legos, Lincoln Logs, or any other toy available

Instructions:

This activity encourages your family to be creative! Using household items or relatively cheap store bought items, your family can build towers, pyramids, and structures galore! Gather as a family with any of the suggested materials listed. Challenge each other to build items using only the materials chosen. Variations include the following: name a category, set a timer, or build one giant structure together.

TANGRAMS



Materials:

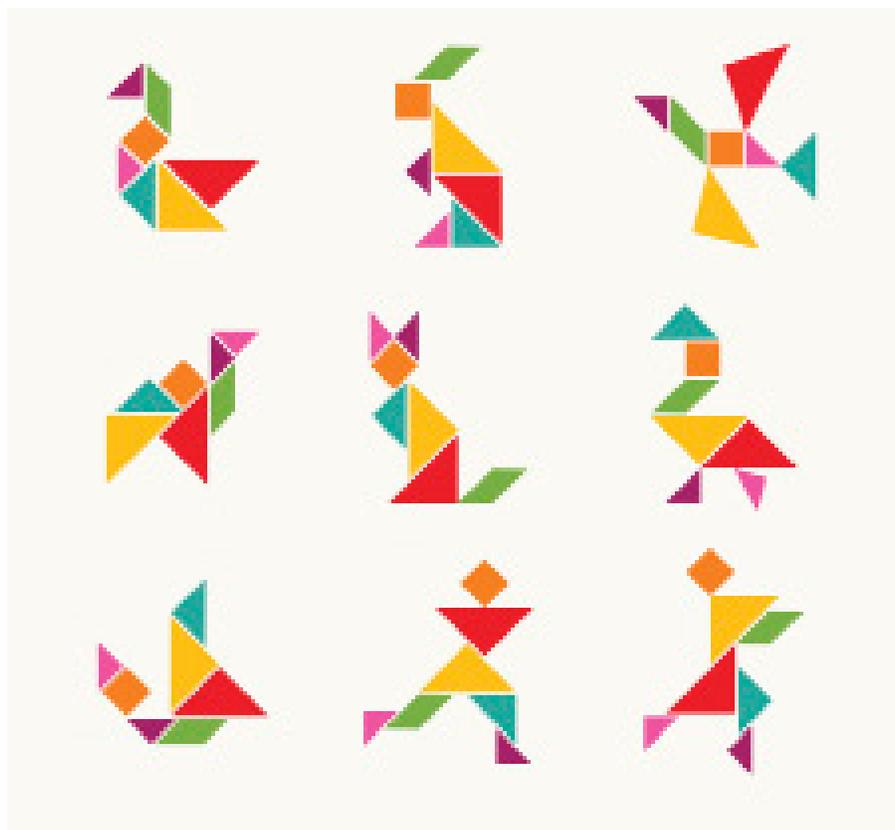
Thick paper such as cardstock

Scissors

Small plastic bag

Instructions:

Tangrams are puzzles that involve moving geometrical shapes to create pictures or designs. Search for tangram pages on the internet. Print the shapes on thick paper, such as cardstock. If desired, each child can color the tangram pages. Adults or older siblings can cut the shapes from the tangram print out. Using the tangram images found online, players can move and slide their shapes to match the tangram pictures. Add physical activity to this game by acting out the finished pictures!



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MY KINGDOM!



Materials:

Everyday household items (Help your child to pick safe items and check their kingdoms for safety!)

Imagination!

Instructions:

Find a safe place for your child to build his or her kingdom. Encourage your child to use his or her imagination to plan the kingdom. Offer assistance as necessary to build the kingdom's structure. Allow your child to play creatively in the kingdom with siblings, friends, pets, stuffed animals, or toys.

Suggestions:

Couch cushions can be used to build fortress walls that keep out unwanted knights and dragons.

A blanket draped over chairs provides shelter from the imaginary dangers of a storm.

A large box can be made into a playhouse for the perfect tea party.

A blanket draped over a table provides solitude for reading.

Encourage your child to be creative and make the kingdom of his or her dreams!



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WHAT'S YOUR NAME?



Materials: None needed

Instructions: Spell out your name and complete the activities listed for each letter. For a greater challenge include your middle name, last name, and maybe even family members' names!

- | | | | |
|----------|---|----------|---|
| a | Jump up and down 10 times | n | Pick up a ball without using your hands |
| B | Spin around in a circle 5 times | o | Walk backwards for 50 steps and skip back |
| c | Hop on one foot 10 times | p | Walk sideways 20 steps and hop back |
| d | Run to the nearest door and run back | q | Crawl like a crab for 10 seconds |
| e | Walk like a bear for 10 seconds | r | Do 20 jumping jacks |
| f | Do 3 cartwheels | s | Bend down and touch your toes 20 times |
| g | Do 10 jumping jacks | t | Hop backwards 10 times |
| h | Hop like a frog 8 times | u | Roll a ball using only your head |
| i | Balance on your left foot for 10 seconds | v | Flap your arms like a bird 25 times |
| j | Balance on your right foot for 10 seconds | w | Pretend to ride a horse for 15 seconds |
| k | March like a toy soldier for 10 seconds | x | Do 10 sit ups |
| l | Pretend to jump rope for 20 seconds | y | Walk on your knees for 10 seconds |
| m | Do 3 somersaults | z | Do 10 push ups |

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MISSION IMPOSSIBLE



Materials:

Yarn, colored string, or crepe paper
Tape
Hallway, corridor, or small room

Instructions:

Tape the string or paper back and forth across the hallway, corridor, or small room to create an obstacle course. Tape it low and high so your child must step over and crawl under it to move through the obstacle course. The child moves through the course trying not to touch the string. If he or she makes it through, he or she has made this mission possible!

DANCE MEMORY TRAIN



Materials:

Radio or any music player with speakers

Instructions:

Turn on your favorite radio station or music track. Player 1 creates a dance move and shows it off. After five seconds, player 2 goes. Player 2 does player 1's dance move and then creates his or her own new move. The game continues with each player taking a turn to add a new move. The player who can remember all the moves in the right order without an error wins!



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MUSIC TO THEIR EARS



Materials:

Plastic containers, pots and pans, wooden spoons, strainers, cups, etc.

Instructions:

Do you own any old Tupperware or dish pans that you no longer need? Nail them to an old post in the back yard or place them outside for your child to use as instruments! Encourage your children to create a new song or play their favorite song with their new instruments!

GOING FOR GOLD



Instructions:

Host the Olympics with races, tosses, obstacles courses, and brain challenges. Plan and set up an obstacle course. Have the children make their own flags of the countries they represent. Award medals!

MINUTE TO WIN IT



Materials:

Timer (each round is one minute)
A variety of household items (spoons, paper plates, eggs, blocks, water bottles, etc.)

Instructions:

Mark a starting and ending point. Form two groups of family members and friends. Explain that the groups will race while balancing items. For example, an egg can be balanced on a spoon, a water bottle can be balanced on a flat palm, or building blocks can be balanced on a paper plate on the players' heads. The group with the most members successfully crossing the finish line within the set time wins.



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ULTIMATE WARRIOR



Create an obstacle course at a park, in the backyard, or in a favorite room in the house. Using items like pillows, cushions, yarn, jungle gyms, and monkey bars, create an obstacle course that an ultimate warrior must pass through to save the day! Try to include jumping over objects; swinging from bars; crawling through spaces; balancing on small surfaces, like beams; running; and, of course, plenty of fun! Below are some examples to help you get started.

At a park: Have the player swing on monkey bars, slide down the slide, race to a tree, run around it, hop back, and tag your hand to become the Ultimate Warrior!

In the backyard: A player must hop over objects, crawl under yarn without touching it, balance on a log or board, and race to the finish line. If the player does so in less than two minutes, he or she becomes the Ultimate Warrior!

In the house: A player must step from cushion to cushion without falling off into the alligator pit. Then, he or she must crawl under the yarn lasers without touching them. Once through, the player must answer a math, history, or spelling question like: "How do you spell warrior?" When the player answers correctly, he or she must do 15 jumping jacks and then touch the wall. If the player completes this in less than 2 minutes, he or she becomes the Ultimate Warrior!

GLOW IN THE DARK BOWLING!



Materials:

Glow sticks (3-10)

6-10 Plastic water bottles with caps (recycled and filled with water)

A ball (soccer, basketball, kickball, etc.)

Instructions:

Follow the instructions for lighting the glow sticks and place them in filled water bottles. Line the bottles up in a triangle. Each player rolls the ball and has 2 tries to knock all the bottles down. Each bottle knocked over is worth 1 point. After 10 rounds, the player with the most points wins!

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DUCK DUCK GOOSE!



Players sit in a circle with their legs crossed. These players are called the *ducks*. One player, named the *fox*, goes around the circle and gently taps on each player's head saying *duck*. As the *fox* is going around the circle, he is considering who to choose as a *duck* to chase him or her. Once the *fox* chooses, he or she says *goose* as he or she taps the person on the head. The *fox* then tries to run around the circle and make it back to the position left open by the chosen *goose*. The *goose* tries to tag the *fox* before he or she sits down in the now open position. If the *fox* makes it back to the open position, then the *goose* becomes the *fox*. If the *goose* tags the *fox*, then the *goose* gets to sit back down, and the *fox* must go around the circle again.

HOT ON SPOTS!



Materials:

Cardboard or construction paper cutouts of shapes, such as circles, triangles, and squares (large enough for children to hop onto)

Markers, crayons, or pens

Instructions:

This activity is similar to hopscotch. Spread the cardboard cutouts along the floor. Tape them to the floor so they do not slip when a child jumps onto them.

Each child takes turns jumping onto a shape, letter, number, or color as it is called out by the parent or caregiver.

Suggestion: If playing outside, try drawing the shapes with sidewalk chalk!

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TAG, YOU ARE IT!



An oldie but a goodie! Tag involves players being chased by one or multiple players who have been identified as *it*. The *it* player or players try to tag (or touch with a hand) those being chased. The goal is to not get tagged! Once tagged, the person becomes *it* and must chase the other players.

Note: Before playing, it is recommended that an adult explains how to tag with soft touches on the shoulders to prevent injuries.

Other Tag Games

Freeze Tag: Once tagged, players are frozen in place. Players who are not frozen can unfreeze players by tagging them on the shoulder. Another way to play is for players to crawl under the legs of those who are frozen!

Line Tag: You can play this variation on a surface where lines are on the ground, like a gymnasium floor. Players must run on lines only and try not to be tagged.

Sharks and Minnows: After defining boundaries and identifying a safe zone, one or more players are labeled as *sharks*. The rest of the players are *minnows*. The *minnows* try to get to the other side (safe zone) without being tagged by a *shark*. Once tagged, a *minnow* becomes a *shark*.

WATER BALLOON GAMES



Materials: Water balloons, water source

Instructions: Divide into teams of two and give each team one beach towel. Each person holds one end of the beach towel and pulls it tight. Place a water balloon in the center of the beach towel and toss it to the other team. The other team tries to catch the balloon on their beach towel. Keep passing the balloon back and forth just for fun or keep score to see which team can catch the most balloons successfully. Everyone pairs up and stands across from their partner. Toss the water balloon back and forth. Take one step back in between each toss. Keep playing until everyone's balloon breaks. If you want to make it extra fun, have participants lather their hands with dish soap before they start playing! It will lead to lots of laughter as the slippery water balloons will be almost impossible to hold.

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ENDLESS OPTIONS WITH A DECK OF CARDS!



Materials:

1 Deck of cards

Instructions:

Slap Jacks:

Shuffle and split the deck of cards in even amounts between or among players. All the players place their cards in a face down pile. Starting and going around the table clockwise, players take turns flipping one card over, face up, and placing it on a face up pile in the center. Players keep flipping until a Jack appears. The first player to slap the Jack wins and collects all the cards in the pile. The first player to collect the entire deck wins.

War:

Shuffle and split the deck in even amounts between or among players. Players flip cards over face up at the same time. The player with the highest card wins and collects the other player's laid cards. If cards are equal, players flip another set of cards. The player with the highest card collects all the played cards. The first player to collect the entire deck wins.

Other Games:

Try Go Fish, Crazy Eights, Old Maid, or Building a Card Tower! Instructions on how to play these games can be found on the internet.



SIMPLE GAMES FOR SMALL SPACES!



Music to My Ears

Have players try to place five cans with varying quantities of pennies (or beads) in the correct order from least to most items. Before playing, with a sharpie, write the number of items on the bottom of each can.

****Note:** Be cautious of choking hazards with young children.**

Chandelier

Using paper plates and cans, stack one can and one paper plate until you have four layers.

Tweeze Me

Use tweezers to relocate five small beads or candies from one bowl to another.

Note: Do not play with young children due to choking hazards.

Scrumptious Scramble

Assemble the front of an empty cereal box that has been cut into 9, 12, or 16 square pieces.

Popcorn!

1 person tries to keep two balloons in the air.

Leaning Tower of TP

Stack 3, 5, or 7 toilet paper rolls. You can make this task more of a challenge by having the players stack the rolls on the arm of a couch, a bed, or anything that is not flat!

SNEAK ATTACK!

Playing games provides an opportunity to provide healthy snacks!

Place bowls of fruits and vegetables on the game table for your family to snack on while playing short games.

Remember! Children need 5 or more fruits or vegetables a day to grow healthy!