

Games ALL Kids Can Play

Here are just a few examples of games that can be adapted to accommodate any and all participants.

Tag



It seems that everyone knows how to play tag, but just in case it wasn't in your childhood game-playing repertoire, here is a brief overview. A group of kids decides who will start out as being "it." That person chases the other people around, trying to tag one of them with their hand. The newly tagged person is now "it." There is often the rule of "no tag-backs" where you can't tag the person who just tagged you. The game ends when everyone is tired of playing. Be sure everyone takes a turn, adapt play for pairs to work together, try zero elimination, or various way to move and tag so all kids are included.

Freeze Tag



A popular variation of tag where anyone tagged by the person who is "it" becomes frozen in place. They can be unfrozen if touched by someone who isn't "it" nor frozen. Making several people "it" allows for a more challenging, exciting game. There are endless ways to modify the game to make sure everyone is included.



TV Tag

A variation of Freeze Tag where the person unfreezing the frozen player has to call out a TV show title. That show then can't be used again during that game.

Simon Says



This game can be played anywhere, even in a car or other small space. One person is Simon and starts by saying, "Simon says, <insert action here>." Everyone must then do the action. However, if Simon makes an action request without saying, "Simon says" to begin the request, anyone who does that action is out. The last person still playing in the end will be Simon for the next round. There are endless ways to play!

Four Square



This ball game is played on a square court further divided into four smaller squares, numbered one through four. One player stands in each of the squares with the highest ranked player in number one and lowest in number four. You bounce the ball among the players, bouncing once in the other person's square before that person catches it. Try playing with additional or different rules. Team building and agreement are important. Vary play with pairs or small groups instead of individuals. Use different sizes and types of balls. Anything goes!



Games ALL Kids Can Play

Here are just a few examples of games that can be adapted to accommodate any and all participants.



Parachute

Fun for kids of all ages and abilities, this game involves a large round parachute, preferably with handles, with people holding the parachute all around the edges. It helps if someone is in charge of giving directions. There are many different ways to play; here are a few ideas to get you started:

- Players ruffle the parachute up and down a little bit, all the way up and all the way down, or all the way up before running underneath and sitting on the edge of the parachute to create a bubble of air.
- Players place light objects—such as wiffle balls or beanbags—on top of the parachute and make them bounce by ruffling it.
- One person can sit in the middle of the parachute and everyone ruffles it near the ground. If there is a smooth floor and a light child, the child can sit in the middle on top of the parachute and everyone else can walk partway around still holding the parachute edge. Then everyone pulls backward, spinning the child.



Bottle Bash Soccer

This game requires a soccer ball and at least ten clean 2-liter bottles filled with just enough water to keep them upright. Players should be divided into teams of two with at least four members per team. Once each team has created a line of five bottles 2 feet apart from each other and about 30 feet from the other team, it is time to begin. The goal is to knock down the opposing team's bottles while still protecting yours. Fortunately, no boundaries are set, allowing the ball to be kicked anywhere. Every time a bottle gets knocked down, possession of the ball is passed to the team who lost the bottle. This game is great for hand-eye coordination as well as learning the values of teamwork. Be creative to include! Kick, roll, push, or bowl the ball. Play standing, crab walking, bear crawling, in wheelchairs, on scooters, and more.