

## Active Activities for Children and Youth

### **Ages 2 to 4**

- ✚ Jumping Jacks
- ✚ Balance Beam
- ✚ Keep the Balloon Up
- ✚ Dancing

### **Ages 5 to 8**

- Simon Says
- Scavenger Hunt
- Hot Potato
- Follow the Leader
- Duck, Duck, Goose
- Obstacle Course
- Animal Movements
- Musical Chairs
- Tag
- Jump Rope
- Scavenger Hunt

### **Age 9 to 12**

- ✓ Crab walk race
- ✓ Hopscotch
- ✓ Design People size board game
- ✓ Twister
- ✓ Scavenger Hunt

### **Activities for ages 12 to 18**

#### **1. Sing the Lyrics:**

You Will Need:

Paper

Pen

Song lyrics

How To:

Write down one or two verses from popular songs. Ensure you leave a few words missing here and there and leave it as a blank.

Write down the name of the song beside it so that you know the right answer.

Divide the into teams.

Give each team a chance to guess while you read out the clues that you wrote down as a verse. Set a time by which the players must guess. If the team or player cannot guess the lyrics, pass it on to the next person or team. The team that gets the maximum answers right is the winner.

## **2. Foot Volleyball:**

You Will Need:

Balloon

A volleyball net

How To:

Remove shoes

Hang the net in such a way that it is at least three to four feet above the floor. Let both the teams take their positions, on each side of the net.

Play volleyball with the balloon using their feet instead of their hands!

## **3. I Never Ever:**

You Will Need:

Candies

How To:

Hand out an equal amount of candies to each player.

Let all players sit down in a circle.

Now walk around the circle and say things that begin with the phrase 'I never ever.' For instance, 'I never ever had a full chocolate bar at night.'

After every sentence, whoever did that activity has to eat one candy from his pile. The person who finishes all the candies first is the winner.

**4. A Lie and Two Truths:**

You Will Need:

Candies

How To:

Give equal number of candies to each player. Ask each player to take turns at the game. One player says three sentences about himself, a lie, and two truths. The others must guess which one is the lie. If someone guesses right, he gets a candy. For every wrong guess, the player must give a candy.

The player who collects the maximum number of candies is the winner.

**5. Balloon Hitter:**

You Will Need:

A balloon for each player

Some objects that will be the target

How To:

Hand out a balloon to each player and ask them to inflate it.

Place the targets at a considerable distance on the floor and ask all players to stand on one side. At the signal, the players must hit their target with their balloon. You can decide the amount of tries the players are allowed, or base it on time.

The player who can hit the target first with the balloon is the winner.

Set a time and the team that picks up all the candies fastest is the winner.

**6. Pick Up the Cotton Balls:**

You Will Need:

A bag of cotton balls

A spatula

A blindfold

A pan

A table

How To:

Place the cotton balls and the pan on the table. Blindfold the teens by turn and hand them the spatula.

Each teen must try and pick up as many cotton balls as possible and place it in the pan.

The teen who collects the maximum number of cotton balls is the winner.

## **7. Scissors:**

You Will Need:

A pair of ordinary scissors.

How To:

Ask all players to sit down in a circle.

The leader will hand over a pair of scissors to a player sitting on his left and will say 'Crossed' or 'Uncrossed'.

The person receiving the scissors repeats the same while passing it to someone on his left. Continue this till everyone gets a chance of passing the scissors.

The secret of the game is that it has nothing to do with scissors. Cross or uncrossed refers to the position of a person's feet or legs when they receive and pass the scissors.

It is a game that creates a discussion on looking past the obvious and enhances creative thinking.

## **8. I Went to Camp:**

How To:

The leader begins the game by saying 'I went to camp, and I took a/an (object)'.

The player sitting next to him will repeat the same phrase but with another object.

The trick is, the objects should follow a pattern such as alphabetical order.

Object criteria can vary like it can begin with the first letter of any person's name, two syllable words, etc.

## **9. Who Am I?**

You Will Need:

Sticky notes

A pen

How To:

Write down a famous character or celebrity name on a note.

Stick the note on one player's forehead so that he cannot see what is there on it.

The player then asks questions to his group members for which they should either answer yes or no.

He should finally try to guess the character.

Each player gets a maximum of three attempts to guess the name.

\*\*\* Even though activities are listed under a certain age group, many activities may be used with other age groups.