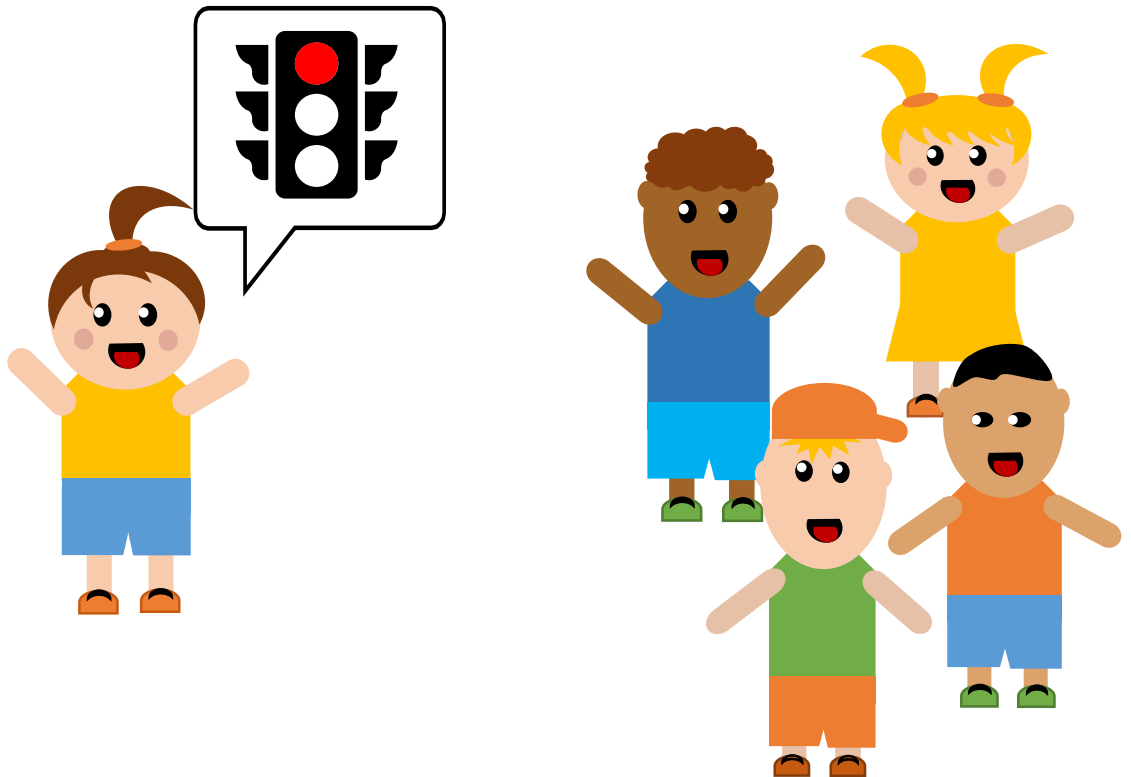


RED LIGHT



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Objective

In the red light game, the children must remember rules, in addition to starting and stopping movements. The game can easily be made more difficult by adding more colours to the lights with each colour having its own rules.

Equipment

No equipment required.

Instructions

1. The adult stands near a wall or similar with their back turned to the children who are standing at the other end of the play area.
2. The children must try to get to the adult without the adult seeing them moving around. While the adult stands with their back turned to the children counting one, two, three, they can move freely towards the adult.
3. The adult shouts “red light” and turns around to the children. The children must then ‘freeze’ and stand completely still until the adult turns around again.
4. If the adult sees anyone who is not standing still, they must go back to the start line.
5. The first child to reach the adult leads the game in the next round (with the adult if necessary).

Tips

- In the beginning, you can count at the same speed, but can gradually make the game more difficult by varying your counting speed from slowly/quickly.
- If you do not want the child who does not ‘freeze’ to go back to the start line, one tip is that the child who does not ‘freeze’ changes places with the person standing near the wall and everyone else goes back to the start line.

Variation

- One form of progression is to add a rule that the children must ‘freeze’ in a special position (e.g. stand on one foot, stand on all fours).
- Another form of progression is to play the game in pairs, which means that the children must have control over their own movements and positions, as well as their partner.
- For further progression, you can add a new rule, e.g. if you shout “red light”, the children must ‘freeze’ in a standing position, but if you shout “green light”, the children must ‘freeze’ in a sitting position. For additional progression, you can also add a yellow light, where the children must ‘freeze’, for instance, lying down.