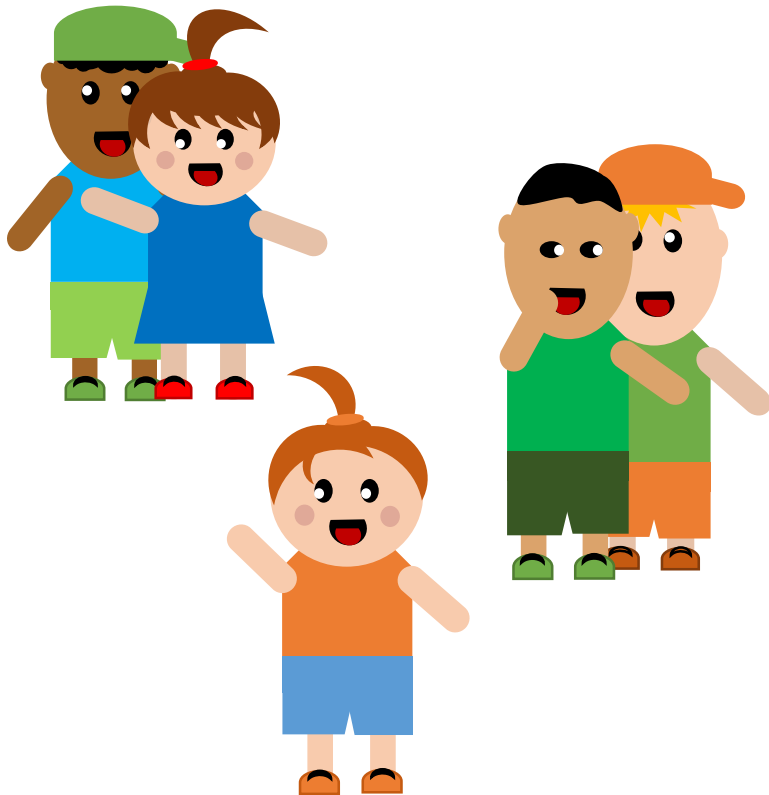




HUG TAG



HUG TAG

Objective

Hug Tag is a moderate to vigorous-intensity game in that the children try to avoid being tagged. It also requires the children to be aware of children who are about to be tagged, so they can help save others.

Equipment

No equipment required.

Instructions

1. Played in groups.
2. Mark out an area for the game.
3. Played the same as tag, but you cannot be tagged when giving/receiving a hug from others. In other words, when a child is about to be tagged, they must find someone to hug because then they are safe.

Tips

- Preferably, talk about helping each other. If possible, get the children to understand that if someone is about to be tagged, they can run up to the child and help save him/her.

Variation

- One variation of the game is for the children to be trees, which give hugs to be saved.
- To increase the difficulty level slightly more, you could add a rule stating that it is not allowed to hug the same person twice in a row.