



DL Kids Garden Games – Playground Favorites

You will need: Small household objects used as markers/a soft ball.

Beans

Call out the following instructions and the children can perform the actions:

BROAD BEAN	Children stand as wide as you can
MAGIC BEAN	Children dodge things thrown at them such as socks or balls
JELLYBEAN	Wobble on the spot as much as you can Wobble like a jelly
RUNNER BEAN	Run around the space provided
FRENCH BEAN	Stand with hand on hip and shout (in a French accent) 'Ooh la la'!
CHILLI BEAN	Children stand on the spot and shiver
BAKED BEAN	Crouch down shaped like a baked bean
FROZEN BEAN	Stand still – frozen like a statue!
STRING BEAN	Stand as tall and thin as you can
JUMPING BEAN	Jump up and down on the spot
BEANS ON TOAST	Lie on the ground with arms and legs stretched wide

Body Parts with Footballs:

- Children/adults move around the playing space while dribbling a football.
- Call out a body part, e.g. elbow, knee, bottom or shoulder.
- Players touch that body part on the ball, then continue dribbling.
- Repeat using different body parts.

Body Parts Small household objects or toys:

- Place several small household objects on the floor.
- Children/adults to move around the playing space.
- Call out a number, followed by a body part, e.g. 3 hands.
- All players then run to a household item on the floor and place 3 hands on it.

Body Parts Balance game:

- Children/adults move around the playing space.
- Call out various body part and these are the only parts that can touch the ground, e.g. head and two knees or left hand and right knee.
- Players balance on the called-out body parts and repeat.

Captain Says:

- Choose someone to be the captain. Everybody else playing is the crew.
- Whatever the Captain says the crew must do, e.g. Captain says run and the crew run, Captain says jump and the crew jump etc...
- Use lots of different actions to create an active game with lots of different exercises/movements.
- Swap the Captain over so everyone gets a turn.

Elephant Football:

What you will need: a ball (ideally soft)

- Organise the children into a circle and give one child a ball.
- Children stand with their legs shoulder width apart, bend over with their hands together to form a trunk.
- The aim of the game is to stop the ball going through your legs by using your elephant trunk.
- The ball must always stay on the floor.

What's the time Mr Wolf?

- One child is chosen to be Mr Wolf who then stands at one end of the playing area
- Mr Wolf turns their back to the group and the game starts
- The children or parents call out "What's the time Mr Wolf?" to which Mr Wolf replies with different times until the players are close behind.
- Once players are close behind Mr Wolf replies with "It's Dinner Time!" while turning and chasing the players back to the start line aiming to catch one who becomes the new Mr Wolf.
 - Tennis balance variation: Children play the game while balancing a ball on a frying pan or tennis racquet.

