

Games for Good Activities

Start Games for Good by learning everyone's name. (5-10 minutes)

1

- Standing in a circle, say your name and an action verb that starts with the first letter of your name, "I'm Wendy Walking" and then pantomime the action.
- Everyone then says "She's Wendy Walking" and does the action.
- The next person says their name and verb, "I'm Jill Jumping" and everyone repeats and does the action.
- Continue until everyone has gone.
- Don't repeat verbs, volunteers help the kids come up with verbs if needed.

Spark the children's interest in STEM! (25-30 minutes)

2

- Give each child a Balloon Car Stem Kit and get on the floor to help them assemble their cars.
- Instructions on assembling the car and the science behind how it works are in each box.
- Once the cars are built, build a mini track with the masking tape provided to race the cars.
- See the instructions for additional ideas of what to do with the cars.
- Help the kids take apart their cars and pack back in their boxes so that they can take the kit home with them.
- Put the kids name on their box and remind them to take them when they leave.

Supplies: STEM kits, scotch tape, masking tape, sharpies, replacement kit pieces as needed

Eating a balanced diet is important, help teach the kids about the benefits of healthy foods with a game of bingo. (10 minutes)

3

- Play games of bingo by reading the clues, the kids will need to guess what the food item is and mark it off on their board.
- Feel free to help the children and confirm what the food is once the clue is read aloud.
- First child to win (4 corners, diagonal, left/right) receives a bracelet.
- Have a winner on a board? Keep playing with the same board to extend the fun!
- There are enough bingo boards to play several games, play until all bracelets are given out.

Supplies: Bingo cards, pens, bracelets for prizes

Play with balloons to highlight that the kids can get 60 minutes of active play even when inside. (10-15 minutes)

4

- Break out the balloons and give one to each child.
- Play any of the following balloon games:
 - Don't let the balloon touch the ground using hands, feet or heads.
 - Hold a relay race while having the kids squeezing the balloons between their knees.
 - Tie crepe streamers across pod and play balloon volleyball.
- Most importantly, get the kids moving and having fun!

Supplies: Bag of balloons, crepe streamers

End Games for Good with a dance party! (5 minutes)

5

- Once the music starts, get silly and have fun by dancing with the kids!

HAVE EXTRA TIME? SEE INSIDE THE FOLDERS FOR MORE ACTIVITIES!