

Red Light, Green Light

When to Play: Recess



10-15 min.

Where to Play: Grass Field

Equipment: Cones to mark starting line

How to Play:

- Players form a line standing shoulder to shoulder.
- Choose a person to be the "Traffic Light."
- The Traffic Light stands at least 20 yards away with their arms out and their back turned to the other Players.
- The Traffic Light yells "Green light!", and Players run towards the traffic light.
- The Traffic Light yells "Red light!" and quickly turns around to face the Players.
- When Players hear "Red light!", they must STOP!
- If the Traffic Light sees someone moving after he/she says "Red light!", the Player(s) must return to the start line.
- When a Player touches the Traffic Light on the shoulder or gives them a high-five, that Player becomes the Traffic Light.
- Repeat game.

Change it up!

Try running, skipping, or hopping (on one leg or two).

The Traffic Light may call "Yellow light," which means Players can walk slowly.

Use your imagination! The "Traffic Light" could also be a "Drawbridge".

Tips

Number of Players: 10 - 15

Increase field size with more Players.

