

# Pocket Playground Games

volume 1

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Positive Press

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# Introduction

Traditional playground games provide the ideal opportunity to engage children in enjoyable activities together, promoting positive relationships between the children themselves and the children and adults.

The games encourage valuable social skills such as:

- Turn-taking
- Developing speaking and listening skills
- Developing a positive attitude to participation
- Learning to abide by rules
- Interacting with others
- Co-operating
- Having fun

Playground games also encourage physical exercise, an important aspect that is often neglected in today's hi-tech society and that is an essential part of physical well-being.

The traditional games included in this booklet are set out in a clear, accessible style with easy-to-follow instructions. Playground games provide an ideal occupation for free time that can motivate all children to be part of a group. They will enhance playground experiences for the children involved, creating a positive dynamic and generating much fun and enjoyment for all.

## The Birthday Game

1. Choose one child to be the caller.
2. The remaining children form a large circle around the caller.
3. The caller shouts out a month of the year. Anyone with a birthday in the named month has to cross the circle to the opposite side. The caller tries to tag as many children as possible as they cross the circle.
4. Any player who is tagged is out and either sits on the sidelines or joins the caller in the centre and helps tag the players who cross when the next month is called.
5. The game continues until all the players have been tagged.



## Hot Potato



1. All the players stand in a circle.
2. They pass a bean bag from player to player whilst chanting:  
**"1,2,3,4 the hot potato's at your door  
5,6,7 and, the hot potato's in your hand  
GET RID OF THE HOT POTATO!"**
3. At the end of the chant, the player left holding the bean bag is out.
4. Play continues in this way until there is a winner.

## Lost at Sea



1. Place a series of markers, such as skittles, around the playing area. These represent life buoys.
2. Explain to the players that each life buoy can sustain two players.
3. The players 'swim' around the playing area.
4. When you blow a whistle, they run for a 'life buoy' and are safe.
5. Remove the life buoys, one at a time, after each whistle blow.
6. If a player is unable to find a life buoy to stand by, they are out.
7. Continue in this way until you have one life buoy left and two winners.