

# Rainy Day Games

Ways to keep kids moving when  
the weather doesn't cooperate!



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# Wipe Out

## Directions:

1. Divide the group up into two teams: apples and oranges (other ideas: peas and Carrots, cats and dogs, etc.).
2. Play music for the children to dance around to, or give them some specific exercise to do like jumping jacks or running in place.
3. When the leader says "Wipe out!" the children must stop where they're at and sit down.
4. If a child on the apple team is the last one to sit down, the orange team gets a point.

But if an orange team member is the last to sit down, the apple team gets a point. The first team to five points wins!



# Be Creative, and Have Fun!

Even when the weather is not cooperating, you can incorporate the following healthy habits into children's lives! Encourage parents and guardians to use them daily as well!

1. Increase physical activity.
2. Reduce sedentary "screen time."
3. Follow the MyPyramid recommendations at:

<http://www.Mypyramid.gov>.

4. Increase fruit and vegetable consumption.
5. Limit sweetened beverages.
6. Be a good role model.
7. Eat together as a family.



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# Treasure Hunt

## Directions:

1. Have children dress up/pretend to be pirates.

\*Part of the day can be used to make eye patches and hats!

2. Have children work together to follow a treasure map made by the leader. They will go through different obstacles (like a bridge of pillows or a cave made out of sleeping bags that they have to crawl through) to find their “buried treasure.”

\*The map could be drawn on a piece of paper and show a cave, a bridge, water, etc., with an “X” at the end of the trail. Map it out for the children to follow to show where the treasure is hidden.



# Three-Headed Race

## Materials:

2 - 6 inch round balls

## Directions:

1. Create two competing teams. Members will stand two-by-two in line.
2. A ball will be placed between their heads.
3. The two-by-two team members must complete the course without using their hands or dropping the ball.
4. The team completing the course the fastest, wins. If the ball is dropped, then the team must go to the end of the line for another turn.



# Balloon Bop

## Directions:

1. Have children sit or stand in a circle.
2. The leader begins by calling out a name. Whoever she calls out must catch the balloon before it hits the ground.
3. The game continues with that child then calling out the name of someone else and tossing the balloon up for that person to catch.

## Variation:

The balloon has to stay in the air and not hit the ground, but the person cannot use his/her hands to keep it in the air. Examples of ways they can do this include blowing on it or using their head, elbows, legs, etc.



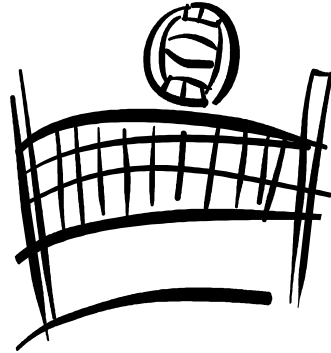
# Blanket Volleyball

## Materials:

1 - Beach Ball, 1 - Rope/tape/net, 2 - Twin size flat sheets

## Directions:

1. Form two teams with equal numbers of participants. Each team will be given a sheet.
2. The ball is tossed into one sheet, and that team uses the sheet to try and toss it to the other team over the established line (using a rope, tape or net).
3. The tossing continues until someone drops the ball. Dropping the ball gives the opposite team a point.
4. The first team to score 7 points, wins.



*To increase difficulty, move the teams further away from the dividing line.*

# Spoon Racing

## Materials:

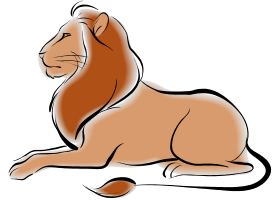
4 - Shallow spoons  
2 - Round ping pong/small balls  
Cones or objects to create a course



## Directions:

1. Form two teams with equal numbers of participants. Each team will be given two spoons and an object.
2. One team member from each team must complete the obstacle course without dropping his or her object and pass it to the next team member, using only their spoons.
3. The team that completes the course fastest, wins. If the object is dropped, the person must go back to the beginning and start over.

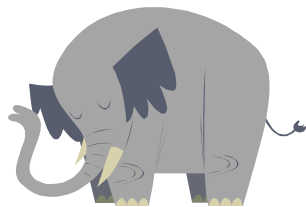
# Safari Adventure



## Directions:

1. Have the children make safari hats out of paper bags, construction paper, plates, string, etc.
2. Tell children that they are going on a safari and that you will be their tour guide. Have them line up behind the tour guide.
3. The tour guide can have the children be very quiet and tip toe past the sleeping lions, reach way up high to feed the giraffes, run really fast in place to catch up to the cheetahs, and roll around in the mud with the hippos. While swimming to get the mud off, alligators may approach, so they have to swim faster to get away. A group of friendly rhinos could come along and have the children climb up on their backs for a ride.

\* Other animals that could be incorporated are elephants, ostriches, hyenas (children could laugh with them), leopards, chimpanzees, gazelles, whales, etc.



# Duck, Duck, Crazy

It's Duck, Duck,  
Goose with a twist!



## Directions:

1. This game is played the same way as Duck, Duck, Goose. Children sit in a circle, and the leader starts going around the circle saying "duck" to each child that he/she passes. When the leader gets to the person he/she wants to be "it," the leader says "GOOSE!" and the two run around the circle. The leader tries to make it to back to the spot where the goose was sitting before getting tagged.
2. In another variation, however, instead of saying "goose," the child must say something else like "cat," for example. The two children then go around the circle acting like cats and try to get back to the spot before getting tagged.
3. The next child then picks a different animal or object and continues.  
*Other examples: train, lion, bird, frog, etc.*

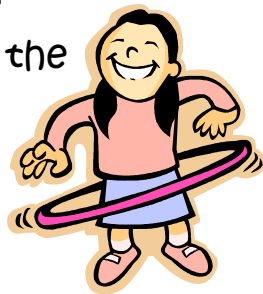
# Hula Hoop Relay

## Materials:

2 hula hoops

## Directions:

1. Children are split up into two teams.
2. The hula hoops for each team are placed at the opposite end of the room.
3. The first child in each line races to the hula hoop, picks it up, and then must put it over his/her head and then make it go down to his/her feet.
4. The child then steps out of the hula hoop and runs back to tag the next person in line. The first team that has every child go through the hula hoop wins.



## Variation:

Partner up the children on each team, and have each pair go through the hula hoop together. They will then run back and tag the next pair.

# Indy 500



## Directions:

1. The group should be sitting in a circle and be numbered 1-4. Give each number a name of a car (examples: 1's are Porches, 2's are Ferraris... etc.).
2. The game leader calls out a car name, and those cars have to get up and run around the circle. The first person back to his/her spot wins.
3. There is a twist to this game. The cars can have things wrong with them, as the leader chooses. Some ideas are: FLAT TIRE (hop around on one foot), RUN OUT OF GAS (crab walk), TURBO BOOST (run around), NO MUFFLER (noisy!)...etc.

