

# PHUN FOR THE LITTLE ONES

## Games & Activities that Just Can't Miss!

Presented by:

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*"They will steal your heart, collect as many smiles from you as possible, and tuck you neatly into their hearts."*

**Clap Return** - The leader claps his/her hands in any pattern desired and the entire group will do an instant replay of that clap pattern. Do several claps with body actions and or sounds attached. Next, get several children to come to the front and allow them to come up with their own pattern for the group to follow. This is a very empowering feeling for the children and provides an instant form of TEAM WORK.

**Cookie Monster** - This quick energizer should get your kids jumping! As the leader you become the hungry "Cookie Monster." All children become chocolate chip cookies in the pantry. The energizer starts when the "Cookie Monster" sniffs the air, and then starts looking for his/her favorite chocolate chip cookies. As the "cookie monster" looks, if it gets up on its toes it is looking on the top shelf for chocolate chip cookies. The "cookie monster" doesn't find any cookies if the cookies "duck down" to a lower shelf (children squat down as the "cookie monster" passes them). If however, the "cookie monster" bends down and looks, the cookies must "jump" up to the higher shelf so as not to be noticed as the "cookie monster" passes. Finally, the "cookie monster" can go into the pantry and walk around. When this occurs, the cookies scatter out of the "cookie monster's" way. Your kids will eat this energizer up!! I promise!!!

**Rattle Animals** – The teacher needs a rattle of some kind for this activity. When the rattle sounds – all get down and go to sleep. The teacher then will tell the kids, "When you wake,

you all will be butterflies (or other animals)." When they are acting like butterflies, the rattle sounds – all sleep again, continue with the kids acting like other things.

**Special Statues** - Have each child find their own "special spot" in the play area. Prior to beginning the activity, ask for several volunteers to help you. These volunteers will be joining you on a trip to the art museum. Explain that when you call out "special statues," all participants will strike and hold a pose in their special spot as you and the volunteers walk around the art museum looking at each special statue and making positive comments related to each statue. After a moment or two of admiring the special statues, tell the group that you are going to a different section of the museum and that in this part of the museum the statues are all . . . (you determine how you want the statues to look – on 1 foot, in pairs, making 3 points of contact with the floor, etc.) Participants not only enjoy the creativity this activity promotes, but also get an always needed self-esteem boost while having Phun!

**Pose Game** – Scatter all the kids about the area. Kids try to do as the teacher commands. The teacher might say, "The only thing that can touch the floor is 1 hand, 2 feet and 1 elbow" or "1 hand, 1 foot, 2 fingers, and 1 knee." Etc...

**Queen Bee** – Each player stands on a poly dot. Dots are scattered. 1 player is Queen. Queen moves around and will touch others. If touched, follow the Queen. On whistle, all return to any

dot. Player not getting a dot is next Queen.  
Have several Queens to start the game.

**Touch** – Have groups of 3 hold on to a Frisbee or bandanna. The teacher will say something like, “Touch something RED.” On this command, the players will go and find something RED, touch it and then come back to original position. Another way to play is to have each of the 3 players find something RED to touch. After 3 RED touches, they return to their original place.

**Big Bang!** - Have all the kids hold hands and come close to the center with teacher. Have the group blow (make blowing action) up the balloon as they expand out. When they are fully expanded, they all yell, “BANG!” and fall down.

**Trapping Tigers** – Words to this activity are:  
“We are tigers, we are tigers  
We are brave, we are brave  
You will try to trap us  
You will try to trap us  
Catch us now! Spring the trap!”

**10,000 Men** – All sing this song. “There was a mighty king – who had 10,000 men – he marched them to the top of the hill & marched them down again – and when they were up they were up – and when they were down they were down – and when they were only ½ way up – only three were found.” Call different #s at the end of the song to make different size groups.

**Kidz Rock** – Put the group in front of you. Take a small stone and put it in your hand. Put your hands behind your back and place the stone in either the right or left hand. Bring the hands out front and the kids guess which hand has the stone. The will move the side that they think has the stone. Open your hands. If they were correct, they stay in the game to guess again. If out, they sit down. Play until one player wins. The player that wins hides the stone the next round.

**Little Pig Tag** – Several players in center with all others on one wall. Center player/s say, “Little Pig, Little Pig, Let me in!” and the others say, “Don’t by the hair on my chinny, chin, chin!” The center kids then say, “Then I’ll huff and I’ll puff til the walls fall down!” On the word “down” all try to cross without being tagged.

**Guess Correctly** - Begin by having 3 persons huddle and pass a coin/object between themselves. While huddled, one person retains the coin and then the 3 move to separate areas of the room. On the leaders “Go” command all other players then line up behind the person who they think has the coin/object. Award points of those who guessed correctly and play again using 3 new people.

**E.S.P. Just Like Me!** - Play in this quick energizer begins by teaching the group 3 different actions, one of which they can choose in an effort to match the you or an selected leader. Take a moment and have the leader transmit their thought of action to the group and then on the "Go" command have everyone do their chosen actions. If their action matches the one that the leader did, they get a point. Play to a predetermined number of points with that person becoming the next leader.

**I See** - This is an interesting imitation activity for the entire group. The game begins with the leader saying “I See!” The entire group stops what they are doing and responds: “What do you see (and then the leaders name).” The leader tells the group what to do. The group then acts out that command until the leader once again says: “I See.” All participants stop and respond once again: “What do you see (and then the leaders name).” The game continues with the leader suggesting another idea.

**Alphabet Volleyball** - The leader hits the balloon bag up and all the players chant the letter “A.” Players repeat this process continuously with each successive letter of the alphabet chanting each time “B,” “C” and so on. The goal for the group is to hit the balloon bag into the air 26 consecutive times until the letter “Z” is reached without letting the balloon bag fall to the ground. If the balloon bag touches the floor or ground, the game starts again at "A."

**Clean Your Room** - Stretch 2 ropes out so that they create a + sign on the floor. Put equal number of players in each quadrant. On the signal, each team tries to keep the balloon bag(s) out of their area by hitting the balloon bag to another quadrant. Stop the action after about 30 sec. and any group that has a balloon bag in their quadrant is considered having a dirty room. Play again encouraging the children to see if this round their room will be clean.

**Queen Bee** - Each player stands on a poly dot. Dots are scattered. 1 player is Queen. Queen moves around and will touch others. If touched, follow the Queen. On whistle, all return to any dot. Player not getting a dot is next Queen. Have several Queens to start the game.

**Pet Shop** - Place chairs/vinyl dots in the play area in a random manner. On each chair/vinyl dot, tape the name of an animal found in a pet store. Each player chooses a chair to sit in and

becomes that animal. The shop owner moves around the area and randomly calls out animal names. As named, the animals leave their chair/vinyl dot and follow the store keeper, lining up behind him/her and imitating the animal they represent. After a long line of animals is created the storekeeper shouts, "Customer!" and all the animals rush back to any chair and sits down. At the same time, the storekeeper tries to find a seat. The one left standing is the next store keeper and the players all become new animals.

## Notes:

### **\*\*\*Disclaimer\*\*\***

*Like life, this handout contains games/relays that, in an unfortunate combination of circumstances, could result in emotional and/or physical harm. Before you use a game/relay, you'll need to evaluate it on its own merit for your group, for its potential risk, for necessary safety precautions and through advanced preparation for any possible negative results for the participants. Gregg A. Catalano is not responsible for, nor has any control over, the use or misuse of any games/relays published in this handout.*

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