



PLAYWORKS

Active Indoor Recess Kit

POWERED BY



For Grades PK-2



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OPERATION

+

Bandage Tag

Knowing how to move our bodies helps to keep us healthy and active. Operation and Bandage Tag give us the chance to understand how our bodies work and what cool things they can do.

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Bandage Tag

Development Goal

To develop eye-hand coordination

Before You Start

- Demonstrate safe tagging:
 - Light touch, like butterfly wings, on the shoulder, upper arm or upper back.
 - Unsafe tags: hard contact that might cause the person being tagged to fall.
- Review what to do when you get tagged.
- Make sure players know where the care zone is and how to be fixed.

Set Up

Designate a clear playing area using cones or sidewalk chalk to mark clear boundaries. Designate a care zone outside the play area using visible boundaries.

How to Play

- In this game, every player is it and can both tag others and be tagged.
- If a player is tagged, that player must take one hand and put it directly on the place where they were tagged. The hand is a bandage.
- After being tagged once, players continue to run around, avoid being tagged and attempt to tag others, but they must keep their bandage on and therefore only has one free hand.
- If a player is tagged again, they must take the other hand and place it on the second spot where tagged. The player can still continue to run around with both bandages on.
- If any player is tagged a third time, they have to go to the care zone and do five jumping jacks (or another pre-determined action) to get back in.



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Beans on Toast

Just like the hippos in Hungry Hungry Hippos Jr eat a variety of healthy foods to collect points. Beans on Toast might be a favorite of the hippos, and your students, too!

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Beans on Toast

Goal

To be the last “bean” standing

Before You Start

Choose one person to lead the game and remind the group to focus on playing safely.

Set Up

Find somewhere to play that allows everyone to have some space to move. The leader should stand in front of the group so that they are visible to everyone.

How to Play

The leader’s job is to call out different types of beans. Each bean will have an action associated with it. When the bean is called out, the group does the action for that bean. The goal is to follow the direction as quickly as possible and without making any mistakes. If you are able to go the longest without making a mistake, you get to be the new leader.

Teach the various beans one at a time. Practice each one and add in new beans until you have a list of 3-4 that the group knows. Here are a few to start with:

- String Bean – Stand straight and tall with your hands together over your head
- Chilly Bean – Shiver like you’re out in the cold
- Dancing Bean – Show one of your best dance moves
- Green Bean – Run in place as fast as you can
- Red Bean – Stop running and freeze

The leader should call out the beans and mix up the speed and order. If at any point someone does the wrong action they should step out and sit next to the leader. Aside from the various beans, the leader can also call out “Beans on Toast.” When you hear “Beans on Toast,” drop to the ground as quickly (and safely!) as you can.

The leader will watch for the last person to fall to the ground. If you’re the last one on the ground, step out of the game, sit next to the leader, and help them come up with new bean ideas.

Guess Who?
JUNIOR

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**I Love My
Neighbor**

Learning from and about others helps us to understand each other. Guess Who Junior and I Love My Neighbor give us the chance to see how our differences make us unique members of our communities.

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PLAYWORKS

Development Goal

To have students recognize commonalities within the group and to identify personal characteristics.

Before You Start

- Make sure everyone understands the rules.
- Cue players to think about what they will say if they get to be in the middle.
- Briefly discuss awareness and review how to play Rock-Paper-Scissors in case there is a tie.

Set Up

Position chairs/cones to form a circle. Make sure there is one less cone/chair than the number of players.

How to Play

- The person standing in the center of the circle begins the game by saying "I love my neighbor especially my neighbor who..."
- They complete the sentence with a piece of information that is true for them.
- Example: "I love my neighbor, especially my neighbor who was born outside of state, loves to play basketball, has a pet, is an only child, etc.>").
- As soon as they are finished with the statement, everyone (including the person in the center) who this applies to moves from their cone to an empty cone that is not right next to them.

Variations

- This game can also be called Move Your Body. Players say move your body if.... Or Move If....
- Instead of running, this can be played in stadium seats with an audience as Stand Up. The leader says stand up if....