



COVID-19 is changing the way we move, interact and play! As we move toward a new school year which will be impacted by COVID-19, we need to approach play differently. These Playworks best practices and games will help with transitioning to safe and healthy play and is appropriate for any adaptation of the school experience for kids. It uses The Aspen Institute's Return to Play Guidelines to break down the return to play into three phases by using a stop light system to define risk categories<sup>1</sup>. The recommendations below will help you understand how games can safely be integrated as kids, teachers, and school staff go back to school.

Risk categories are assigned relative to other ways of participating in that game or activity, based on the public health and scientific understandings of COVID-19 and how it can be transmitted as of July 2020. Activities are segmented into three types of risk posed both to participants and others.

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<sup>1</sup> Return to Play. (2020, May 12). Retrieved May 18, 2020, from <https://www.aspenprojectplay.org/return-to-play>

**LOWEST RISK** Individual games with one personal designated piece of equipment (ball, jumprope, etc), no equipment, or group games where no equipment is needed and groups are small enough that physically-distant student experiences take place.

**Questions to think about:**

- Is there enough space for kids to be physically distant (6+ feet apart)?*
- Can we move and maintain distance (6+ feet apart)?*
- Are there any "shared" spaces?*
- Do students have their own equipment (or does the game involve no equipment) so physical items won't be shared?*

**MEDIUM RISK** Group games with physically-distanced student placing. These involve smaller group sizes with individual or sanitized equipment. Group size can correspond with the size of the "Pods" schools are using and based on the space utilized and ability to remain physically distant within that space.

**Questions to think about (the above and ...):**

- Is the equipment used hygienic? (Is it designated to specific students or washed between players?)*
- How can I distribute/ collect equipment safely?*
- Whose role is it to clean/ sanitize equipment?*

**HIGHEST RISK** Any group games where physical distancing and strict sanitization of equipment is no longer needed.

<sup>M</sup> Modifications needed to make game safe for this category

<sup>V</sup> Rules can be modified to accommodate virtual play

## PLAYWORKS GAME GUIDE - TRANSITION TO PLAY

Below are the games from Playworks' Playbook! Games and their links have been placed into the risk categories. Many games may need to be modified in order to be safe for that category (designated with <sup>M</sup>). Modifications may include things such as safe physical distancing or equipment designated for each child. Many "**GREEN**" games can be easily made safe by spreading students out. Similarly, many games can be modified to play virtually when necessary (designated with <sup>V</sup>). Some suggested modifications are included in the Appendix.

<sup>M</sup> *Modifications needed to make game safe for this category*

<sup>V</sup> *Rules can be modified to accommodate virtual play*



## LOWEST RISK

[Around the World<sup>M</sup>](#)

[Castle Ball<sup>M</sup>](#)

[Charades Relay<sup>MV</sup>](#)

[Clap and Move<sup>V</sup>](#)

[Colors<sup>MV</sup>](#)

[Continuous Relays<sup>M</sup>](#)

[Cookie Jar<sup>M</sup>](#)

[Dance Freeze<sup>V</sup>](#)

[Detective Frog<sup>V</sup>](#)

[Find a Place<sup>V</sup>](#)

[Find Somebody Who<sup>V</sup>](#)

[Going on a Picnic<sup>V</sup>](#)

[Group Count<sup>V</sup>](#)

[Hop'n Freeze<sup>V</sup>](#)

[I See, I See!<sup>MV</sup>](#)

[If You Really Knew Me...<sup>MV</sup>](#)

[Indoor Hopscotch<sup>M</sup>](#)

[Invent a Game<sup>V</sup>](#)

[Journey Around the World<sup>MV</sup>](#)

[Jump the River<sup>M</sup>](#)

[Key Punch<sup>M</sup>](#)

[Land, Sea, Air<sup>V</sup>](#)

[Lava Game<sup>M</sup>](#)

[Line of Silence<sup>M</sup>](#)

[Movement Name Game<sup>V</sup>](#)

[My DVD Player<sup>MV</sup>](#)

[Mystery Creature<sup>M</sup>](#)

[Partner Introductions<sup>MV</sup>](#)

[Sequence Touch<sup>MV</sup>](#)

[Shadow Shadow<sup>MV</sup>](#)

[Simon Says<sup>V</sup>](#)

[Sleepy Bunny<sup>V</sup>](#)

[Snake<sup>M</sup>](#)

[Sports Clubs<sup>V</sup>](#)

[Superstar<sup>MV</sup>](#)

[The Maze Game<sup>M</sup>](#)

[Tomato<sup>MV</sup>](#)

[Up, Down, Stop, Go<sup>V</sup>](#)

[Weather Vane<sup>V</sup>](#)

[Where Are You?<sup>V</sup>](#)

<sup>M</sup> Modifications needed to make game safe for this category

<sup>V</sup> Rules can be modified to accommodate virtual play



## MEDIUM RISK

[Arena/Flag Tag<sup>M</sup>](#)

[Around the World](#)

[Bird's Nest<sup>M</sup>](#)

[Bubbles<sup>MV</sup>](#)

[Castle Ball<sup>M</sup>](#)

[Cat & Mice](#)

[Charades Relay<sup>V</sup>](#)

[Capture the Flag<sup>M</sup>](#)

[Color Tag<sup>M</sup>](#)

[Colors<sup>V</sup>](#)

[Concentration Ball<sup>M</sup>](#)

[Cones Conquest<sup>M</sup>](#)

[Continuous Relays](#)

[Cookie Jar<sup>M</sup>](#)

[Drop the Cookie!](#)

[Farmers](#)

[Four Corners<sup>MV</sup>](#)

[Frog Catcher<sup>M</sup>](#)

[Hi, My Name Is...<sup>M</sup>](#)

[House, Tree, Neighbor<sup>M</sup>](#)

[I Love My Neighbor<sup>MV</sup>](#)

[I See, I See!<sup>V</sup>](#)

[If You Really Knew Me<sup>V</sup>](#)

[Indoor Hopscotch](#)

[Invent-A-Game<sup>V</sup>](#)

[Journey Around the World<sup>V</sup>](#)

[Jump the River](#)

[Key Punch](#)

[Knock Down<sup>M</sup>](#)

[Lava Game](#)

[Line of Silence](#)

[My DVD Player<sup>V</sup>](#)

[Mystery Creature<sup>M</sup>](#)

[Night at the Museum<sup>M</sup>](#)

[Partner Introductions<sup>MV</sup>](#)

[Push-Catch<sup>M</sup>](#)

[Red Light, Green Light<sup>M</sup>](#)

[Run If...<sup>M</sup>](#)

[Secret Agent<sup>M</sup>](#)

[Sequence Touch<sup>V</sup>](#)

[Shadow Shadow<sup>V</sup>](#)

[Shape Shifter<sup>MV</sup>](#)

[Shipwreck<sup>V</sup>](#)

[Snake](#)

[Spark<sup>M</sup>](#)

[Superstar<sup>V</sup>](#)

[Switch<sup>M</sup>](#)

[The Maze Game](#)

[Tomato<sup>V</sup>](#)

[Zero 1, 2, 3<sup>M</sup>](#)

<sup>M</sup> Modifications needed to make game safe for this category

<sup>V</sup> Rules can be modified to accommodate virtual play



## HIGHEST RISK

[All Tangled Up](#)

[Alligator Swamp Trail](#)

[Animal Farm](#)

[Watch Your Back Tag](#)

[Ants on a Log](#)

[Arena/Flag Tag](#)

[Back-to-Back Get Up](#)

[Ball Toss Race](#)

[Bandaid Tag](#)

[Bird's Nest](#)

[Blob Tag](#)

[Bob the Bunny](#)

[Bridge Ball](#)

[C'mon In and Sit Down](#)

[Castle Ball](#)

[Catch and Drop](#)

[Chair Game](#)

[Capture the Flag](#)

[Clean Your Room!<sup>V</sup>](#)

[Color Tag](#)

[Concentration Ball<sup>V</sup>](#)

[Cone Conquest](#)

[Cookie Jar](#)

[Crazy Kickball](#)

[Crooked Circle](#)

[Cut the Cake](#)

[Dog Chases Its Tail](#)

[Dragon Tail](#)

[Don't Get Caught with the Cookie](#)

[Drop the Cookie](#)

[Elbow Tag](#)

[Farmers](#)

[Flag Fake Out](#)

[Four Corners<sup>V</sup>](#)

[Foursquare](#)

[Fox and the Rabbit](#)

[Freeze Tag](#)

[Frog Catcher](#)

[Fruit Basket](#)

[Gaga Ball](#)

[Giants, Wizards, Elves](#)

[Grocery Store](#)

[Grumps Island](#)

[Heads or Tails](#)

[Helicopter](#)

[Hi, My Name Is...](#)

[Home Run Tag](#)

[House, Tree, Neighbor](#)

[Hula Ball](#)

[Hula Hoop Challenge](#)

[Hungry Fox](#)

<sup>M</sup> Modifications needed to make game safe for this category

<sup>V</sup> Rules can be modified to accommodate virtual play

# SAFE RETURN TO PLAY GUIDE



<a href="#">I Love My Neighbor...</a>	<a href="#">Poop Deck</a>	<a href="#">Three-Lines Basketball</a>
<a href="#">Kickball</a>	<a href="#">Pulse</a>	<a href="#">Three-Lines Hockey<sup>M</sup> (Basketball)</a>
<a href="#">Knock Down</a>	<a href="#">Push-Catch</a>	<a href="#">Three Lines Soccer</a>
<a href="#">Knockout</a>	<a href="#">Rainbow Run</a>	<a href="#">Tornado</a>
<a href="#">Knots on a Rope</a>	<a href="#">Red Light, Green Light</a>	<a href="#">Toxic Waste Dump</a>
<a href="#">Leap Frog</a>	<a href="#">Roshambo Rockstar</a>	<a href="#">Transformer/Evolution</a>
<a href="#">Magic Tag</a>	<a href="#">Rock Paper Scissors or Roshambo Relay</a>	<a href="#">Triangle Tag</a>
<a href="#">Maze Tag</a>	<a href="#">Run If...</a>	<a href="#">Ultimate Ball</a>
<a href="#">Mountains and Valleys</a>	<a href="#">Sardines</a>	<a href="#">Over-Under Kickball</a>
<a href="#">Multi-Ball</a>	<a href="#">Secret Agent</a>	<a href="#">Volleyball</a>
<a href="#">Mystery Creature</a>	<a href="#">Shape Shifter</a>	<a href="#">Wall Ball</a>
<a href="#">Name Touch</a>	<a href="#">Sharks and Minnows</a>	<a href="#">Watch Out!</a>
<a href="#">Night at the Museum</a>	<a href="#">Spark</a>	<a href="#">Watch Your Back Tag</a>
<a href="#">One Fish, Two Fish, Red Fish, Blue Fish</a>	<a href="#">Sprout Ball</a>	<a href="#">Whistle Mixer</a>
<a href="#">Over Under Relay</a>	<a href="#">SPUD</a>	<a href="#">Who Stole the Cookies?</a>
<a href="#">Pac-Man Tag</a>	<a href="#">Steal the Bacon</a>	<a href="#">Wide Goal Soccer</a>
<a href="#">Partner Introductions</a>	<a href="#">Switch</a>	<a href="#">Wink-Ums</a>
<a href="#">Partner Tag</a>	<a href="#">Tally Ho!</a>	<a href="#">Wolves and Bunnies</a>
<a href="#">Pizza Delivery</a>	<a href="#">Telephone/ThRumor</a>	<a href="#">X-Square</a>
<a href="#">Pony Express</a>	<a href="#">Tetherball</a>	<a href="#">Zero 1, 2, 3</a>

<sup>M</sup> Modifications needed to make game safe for this category

<sup>V</sup> Rules can be modified to accommodate virtual play



## INDEX OF MODIFICATIONS

There are many ways that we can modify games in order to make them safe or play them virtually. Please feel free to create your own modifications that suit your audience or encourage kids to develop clever modifications of their own. If you have a Playworks contact, please share with them so we can share with others.

**Arena Flag Tag** - Rather than have flags for each kid, each kid brings a pool noodle to school (with their name on it, they could decorate it with sharpies so theirs is easily identifiable). If a player is tagged by someone else (tagged with a noodle), that player should drop their noodle and bend onto one knee. Play until 3 players are left and they are the winners. Another variation is if a player is tagged, that player drops their noodle and does 10 jumping jacks and then rejoins the game. Remember to tell all players to remain physically distanced by at least 6 feet.

**Around the World** - Each person has their own basketball and is only allowed to touch their own basketball. All players should remain 6 feet apart physically from each other.

**Bird's Nest** - Have a variety of colors of bean bags (balls, cones). If you have 5 colors, then play with 5 kids at a time. Each child is assigned their own color and they can only touch their color (one kid for each color). Also, the number of bean bags that need to make it to the nest can be changed. If there are only 4 kids on a team, you can change to 3 bean bags to the nest. OR you could have multiple bean bags of one color (2 beanbags, cones, etc. for each child). And remind students to play with a physical distance of 6 feet apart from each other.

**Bubbles** - Each child has their own ball, beach ball, or balloon. See how many times they can tap it up and keep it in the air. You could challenge further telling kids to only use their right hand or only their left hand.

**Virtual Modifications** - The Coach/Recess Team/Teacher "Leader" - Be sure to remind kids that they must stay in camera view. You may want to send instructions on how to create a boundary just before you will begin (set up laptop/tablet etc.). A family member can set a boundary by using tape, plastic cups (like cones), chairs, towels etc. If family members are available have them play too! Challenge students to see who gets the most individually or as a family!



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**Castle Ball** - Coach/Recess Team Member builds the castle(s). Each player gets their own ball and retrieves their own ball. And remind students to play with a physical distance of 6 feet apart from each other.

**Charades Relay** - Coach/Recess Team has a category written on a card to show teams/kids. Each team picks an actor and a leader. The leader gets a stack of cards that have the words their team has to act out. The team turns their backs while the actor gets shown the word to act out. When the Coach/Recess team gives the word of the day, kids start acting out the word and teams start guessing. The team who guesses the most wins! Another variation is drop the race and have the entire class guess. Remind students to play with a physical distance of 6 feet apart from each other.

Virtual Modifications - Chat to only one person (the actor) and then have them act out while the class chats in their guesses! Or you could email each child 1-3 words in a specific order ahead of time. Then, for example, ask them to act out number... 3 - kids can chat in their answers.

**Capture the Flag** - Each child has a pool noodle. Rather than tag with hands, they tag with the pool noodle. Remind students to play with a physical distance of 6 feet apart from each other.

**Color Tag** - Each child has a pool noodle. Rather than tag with hands, they tag with the pool noodle. And remind students to play with a physical distance of 6 feet apart from each other.

**Clap and Move** - Virtual Modifications - lead a clap rhythm and the students copy.

**Colors** - Coach/Recess Team/Teacher, the "leader", place various colored objects around or on the kids desk depending on age group and abilities. Each child gets a "spot" to start and finish from. The leader calls out a color for the child to begin with a touch and come back to position (or touches that color object on their desk). Kids should practice moving around the room in a physically distant way (6 feet apart). Children put their hands on their heads when done.

Virtual Modifications - the leader calls out a color. The child has to look around the room and get something of that color and bring it and show it to the leader. When all kids have done that they get "x" seconds to put it back (where they found it!). You could also

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set time limits for touching/retrieving and/or hands on head. Ask kids to do 10 jumping jacks if they don't successfully complete all of the tasks.

**Concentration Ball** - Rather than tossing a ball to someone to take a turn, "hand it off" - you can call out their name. Ex: if the topic is fruit I might say "pineapple ... Bobby" then Bobby might say "kiwi... Jordan". And remind students to play with a physical distance of 6 feet apart from each other.

**Cone Conquest** - Each team designates a "decontaminator." After someone touches/carries a cone, the decontaminator sprays it with a cleaning product. And remind students to play with a physical distance of 6 feet apart from each other.

**Continuous Relay** - Lines are spaced to teach and encourage 6 feet social distancing. Each kid in line is spaced out to remain on a line. At the start the first team member goes to their teams other side (walking, running, skipping etc.) 6 feet to the right or left (whichever you designate) until they get to the end of the line staying 6 feet from the person in front of them. No bean bags needed (as each child crosses the line at the other side the next person goes). And remind students to play with a physical distance of 6 feet apart from each other.

**Cookie Jar** - Space kids 6 feet apart or more. Choose a movement (tip toe, fire feet, one foot in front of the other) and practice it while staying apart. The Cookie monster uses a noodle to tag friends. Kids who get tagged do 10 jumping jacks then get back in the game.

**Dance Freeze** - Virtual Modifications - Leader has control over the music and places it on a video call.

**Detective Frog** - Virtual Modifications - This will only work virtually if you can chat with individual people. Choose a detective. If you have the capability to chat with specific people, then pick someone to be the poison frog by chatting everyone EXCEPT the person who is the detective. The poison frog can then message individuals to "poison" them.

**Drop the Cookie** - About  $\frac{1}{3}$  of the kids get cones (their noodles should be set just outside of the boundaries. Everyone else has their own noodles in hand. They are the taggers. If someone with a cone gets tagged, the tagger yells "Drop the Cookie." That kid drops the cookie and goes and gets their noodle. The one who tagged (can be with

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a noodle) picks up the cone and is “safe” until that child brings and places their noodle out of the boundary.

**Find a Place** - Virtual Modifications - If kids are at home, siblings/parents/family can join. If not, they can pick their spots. Spots should be in view of the camera (so you can watch their movements). Anyone who does not move as directed performs 10 jumping jacks.

**Find Somebody Who** - Virtual Modifications - The Coach/Recess Team/Teacher “Leader” asks a question kids can either chat in, write on paper (and show to the camera), or raise their hand.

**Four Corners** - This might be tricky inside... but it can be played outside with lots of space. Rather than 1 cone to designate a corner, each corner could have several cones or dots (of the same color) spaced 6 feet apart. Only one kid should be at each cone. Any child who finds themselves standing without an empty cone, should go to another corner. If there is a tie getting to a cone, play Rock Paper Scissors (RPS); the winner stays. And remind students to play with a physical distance of 6 feet apart from each other.

**Frog Catcher** - Use different color hula hoops (for lily pads) with corresponding colored beanbags (flat cones, stress balls, tennis-type balls etc). Space out the hula hoops/lily pads so they are 6+ feet apart. Remind kids to move keeping distance in mind. There should only be one child per hula hoop/lily pad. Kids can ONLY pick up their color flies (beanbags, cones, balls, etc.).

**Going on a Picnic** - Virtual Modifications - The Coach/Recess Team/Teacher “Leader” decides order ahead of time and provides that to the kids. The game starts, kids then take their turns.

**Group Count** - Virtual Modifications - The Coach/Recess Team/Teacher “Leader” picks a number to count up to. If there are any over laps, start over. See how many times it takes to get to that number.

**Helicopter** - When playing this game you will need to tell kids that they need to remain (6+ feet) apart when they are moving.

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**Hi, My Name Is** - Rather than shake hands in the beginning and high five at the end...kids can tap elbows or noodles (if available).

**Hop and Freeze** - Virtual Modifications - The Coach/Recess Team/Teacher “Leader” reminds kids that they must stay in camera view. You may want to send instructions on how to create a boundary just before you will begin (set up laptop/tablet etc.). The family member helping can set a boundary by using tape, plastic cups (like cones), chairs, towels etc.

**House, Tree, Neighbor** - Space kids in a circle 6+ feet apart. Remind kids that they need to stay in their spots. You can use cones or dots if you think it will help kids stay distant. For “house,” kids on either side can put their hands up to create a roof (staying in their spot so no touching is involved). For Tree, similarly kids stay in their spots doing the motions and maintaining distance.

**I Love My Neighbor** - Place cones/dots in a circle 6+ feet apart. When the person in the middle makes a statement that is true to you, move while maintaining distance to an empty space. Remind kids to stay 6 feet apart.

**I See, I See** - Practice moving about the classroom so that kids are walking 6+ feet apart. When playing this game you will need to tell them that they need to remain (6+ feet) apart when they are moving. Virtual Modifications - The Coach/Recess Team/Teacher “Leader” reminds kids that they must stay in camera view. Send instructions on how to create a boundary just before you will begin (set up laptop/tablet etc.). The family member helping can set a boundary by using tape, plastic cups (like cones), chairs, towels etc.

**If You Really Knew Me** - The Coach/Recess Team/Teacher “Leader” assigns partners and those pairs will stand 6 feet apart. Be sure to stay 6 feet away from friends for the entire game.

Virtual Modifications - Coach/Recess Team/Teacher “Leader”: If your virtual learning has break out room capabilities, set kids up in pairs. If not you could assign pairs ahead of time and ask that the kids call one another prior to all getting together (virtually) and share out.

**Indoor Hopscotch** - Each kid has their own “object” to toss onto the Hopscotch “court.” Kids line up 6+ feet apart. Remind them to play 6 feet apart at all times too.

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**Invent a Game** - Virtual Modifications - The Coach/Recess Team/Teacher “Leader” either assigns kids to make up a game or if break out rooms are able split kids into groups to create a game. Give them a time frame, have them write the rules down, and possibly be able to demonstrate!

**Journey Around the World** - Set spots so that kids are 6+ feet away from anyone else.

Virtual Modifications - The Coach/Recess Team/Teacher “Leader” - Be sure to remind kids that they must stay in camera view. You may want to send instructions on how to create a boundary just before you will begin (set up laptop/tablet, etc.). The family member helping can set a boundary by using tape, plastic cups (like cones), chairs, towels, etc.

**Jump the River** - The Coach/Recess Team/Teacher “Leader” sets kids 6 feet apart in line. Be sure to stay 6 feet away from other students for the entire game.

**Key Punch** - The Coach/Recess Team/Teacher “Leader” sets kids 6 feet apart in groups, then spreads numbered dots (paper plates, pieces of paper, etc.) Usually use 1-25, but for spacing you can use 1-15, for example depending on your space. Be sure to stay 6 feet away from other kids for the entire game.

**Knock Down** - Many different color balls will be needed and kids should be assigned one of those colors. The fewer kids that “have access” or can touch the balls the safer it will be. Be sure to clean the equipment when done.

**Land Sea Air** - Virtual Modifications - The Coach/Recess Team/Teacher “Leader” - Be sure to remind kids that they must stay in camera view. You may want to send instructions on how to create a boundary just before you will begin (set up laptop/tablet etc.). The family member helping can set a boundary by using tape, plastic cups (like cones), chairs, towels, etc.

**Lava** - The Coach/Recess Team/Teacher “Leader” sets kids 6 feet apart in line. Kids take turns crossing the Volcano. Be sure all kids stay 6 feet apart from each other for the entire game.

**Line of Silence** - The Coach/Recess Team/Teacher “Leader” instructs the kids to line up 6 feet apart. While communicating without words be sure to stay 6 feet away from friends for the entire game.

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**Movement Name Game** - Virtual Modifications - The Coach/Recess Team/Teacher “Leader” reminds kids that they must stay in camera view. You may want to send instructions on how to create a boundary just before you will begin (set up laptop/tablet etc.). The family member helping can set a boundary by using tape, plastic cups (like cones), chairs, towels etc.

**My DVD Player** - The Coach/Recess Team/Teacher “Leader” sets kids 6 feet apart in line. Be sure kids stay 6 feet away from each other for the entire game.

Virtual Modifications - The Coach/Recess Team/Teacher “Leader” reminds kids that they must stay in camera view. You may want to send instructions on how to create a boundary just before you will begin (set up laptop/tablet etc.). The family member helping can set a boundary by using tape, plastic cups (like cones), chairs, towels, etc.

**Mystery Creature** - One student can stand at the front of the room. That student cannot turn around and look at the board. The Coach/Recess Team/Teacher “Leader” writes the name of an animal/creature on the board. The student at the front of the room can ask the class yes or no questions to help them figure out what they are.

**Partner Introductions** - The Coach/Recess Team/Teacher “Leader” assigns partners and those pairs will stand 6 feet apart. After they have learned a little about each other, have all of the the kids make a circle 6 feet apart. **Push and Catch** - Minimize the amount of kids playing. This can be done in pairs, 3’s, 4’s, etc. The fewer kids that touch the ball, the safer. Be sure to clean equipment when done.

**Red Light Green Light** - The Coach/Recess Team/Teacher “Leader” sets kids 6 feet apart in line. Remind kids to stay 6 feet away from each other for the entire game.

**Run if...** - The Coach/Recess Team/Teacher “Leader” sets kids 6 feet apart in line. Remind kids Be sure to stay 6 feet away from each other friends for the entire game.

**Secret Agent** - The Coach/Recess Team/Teacher “Leader” sets kids 6 feet apart in line. Ensure kids stay 6 feet away from each other for the entire game.

**Sequence Touch** - Coach/Recess Team/Teacher, the “leader”, place various objects around or on the kids desk depending on age group and abilities. Each child gets a “spot” to start and finish from. The leader calls out a series of objects for the child to start at (go) and touch, in order and come back to position (or touches the objects in order on their desk). Kids should practice moving around the room physically distanced



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6 feet apart. Children put their hands on their heads when done. Virtual Modifications: the leader calls out a sequence of objects. The child has to look around the room and get that object. They must bring each object to the camera view one at a time (sequencing) and bring it and show it to the leader. After all the objects are collected they get “x” seconds to put it back (where they found it!). You could also set time limits for touching/retrieving and/or hands on head; students should do 10 jumping jacks if they don’t do one or both of these successfully.

**Shadow Shadow** - Practice moving about the classroom so that kids are walking 6+ feet apart. When playing this game you will need to tell them that they need to remain physically distant when they are moving. You can split kids into pairs or have all kids shadow one leader. Virtual Modifications - The Coach/Recess Team/Teacher “Leader” reminds kids that they must stay in camera view. You may want to send instructions on how to create a boundary just before you will begin (set up laptop/tablet etc.). The family member helping can set a boundary by using tape, plastic cups (like cones), chairs, towels, etc.

**Shape Shifter** - The Coach/Recess Team/Teacher places kids 6+ feet apart. Cones or dots can be used to help remind kids that they are staying in their spot. Be sure kids stay 6 feet away from friends for the entire game.

**Shipwreck** - Virtual Modifications - The Coach/Recess Team/Teacher “Leader” reminds kids that they must stay in camera view. You may want to send instructions on how to create a boundary just before you will begin (set up laptop/tablet etc.). The family member helping can set a boundary by using tape, plastic cups (like cones), chairs, towels, etc. Leader can modify “Captain’s orders” for individuals. For example, *row your boat* can be individuals pretending to row (you may need to demonstrate the movements you expect).

**Simon Says** - Virtual Modifications - The Coach/Recess Team/Teacher “Leader” reminds kids that they must stay in camera view. You may want to send instructions on how to create a boundary just before you will begin (set up laptop/tablet etc.). The family member helping can set a boundary by using tape, plastic cups (like cones), chairs, towels, etc.

**Sleepy Bunny** - Virtual Modifications - The Coach/Recess Team/Teacher “Leader” reminds kids that they must stay in camera view. You may want to send instructions on how to create a boundary just before you will begin (set up laptop/tablet etc.). The family



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member helping can set a boundary by using tape, plastic cups (like cones), chairs, towels, etc.

**Snake** - The Coach/Recess Team/Teacher “Leader” sets kids 6 feet apart in line. Kids take turns crossing the Volcano. Be sure kids stay 6 feet away from each other for the entire game.

**Spark** - You could use 2 different color cones. One assigned to each kid. Ex: Joe gets the green and Jill gets the yellow. They pick up their own cone when the leader says “SPARK.”

**Sports Clubs** - Virtual Modifications - The Coach/Recess Team/Teacher “Leader” reminds kids that they must stay in camera view. You may want to send instructions on how to create a boundary just before you will begin (set up laptop/tablet etc.). The family member helping can set a boundary by using tape, plastic cups (like cones), chairs, towels, etc.

**Superstar** - The Coach/Recess Team/Teacher “Leader” assigns partners and those pairs will stand 6 feet apart. After they have learned a little about each other, have the kids make a circle 6 feet apart. Be sure kids stay 6 feet away from each other for the entire game.

Virtual Modifications - The Coach/Recess Team/Teacher “Leader” - If your virtual learning has break out room capabilities, set kids up in pairs. If not you could assign pairs ahead of time and ask that the kids call one another prior to all getting together (virtually) and share out. Kids can do a silent cheer rather than shout out “SUPERSTAR!” Be sure to remind kids that they must stay in camera view.

**Switch** - Use cones make the “Switch Court” a bit bigger than normal (4 square court). Remind kids to stay as far apart as possible trying to get to a new corner. You can modify movement (fire feet, tippy toe, etc).

**The Maze Game** - Kids line up 6+ feet apart. Kids take turns trying to get to the end of the Maze. Be sure kids stay 6 feet away from each other.

**Tomato** - The Coach/Recess Team/Teacher “Leader” assigns spots so kids are 6 feet apart.

# SAFE RETURN TO PLAY GUIDE



Virtual Modifications - The Coach/Recess Team/Teacher “Leader” kids can chat in. If anyone makes a noise, they’re out.

**UP DOWN STOP GO** - Virtual Modifications - The Coach/Recess Team/Teacher “Leader” reminds kids that they must stay in camera view. You may want to send instructions on how to create a boundary just before you will begin (set up laptop/tablet etc.). The family member helping can set a boundary by using tape, plastic cups (like cones), chairs, towels, etc.

**Weather Vane** - Virtual Modifications - The Coach/Recess Team/Teacher “Leader” reminds kids that they must stay in camera view. You may want to send instructions on how to create a boundary just before you will begin (set up laptop/tablet etc.). The family member helping can set a boundary by using tape, plastic cups (like cones), chairs, towels, etc. Explain that facing the computer is assigned as North, kids facing to their right is East, kids facing to the left is West, and kids facing opposite the computer (you see their backs) is South.

**Where Are You** - Virtual Modifications - The Coach/Recess Team/Teacher “Leader” reminds kids that they must stay in camera view. You may want to send instructions on how to create a boundary just before you will begin (set up laptop/tablet etc.). The family member helping can set a boundary by using tape, plastic cups (like cones), chairs, towels, etc. Kids need to look at their screen to see what is in view. Then they can describe what is where. You may want to set a time limit (how long they look at what’s in their camera view, how many things/objects can they describe in a certain amount of time).

**Zero 1, 2, 3** - Play with smaller groups; the fewer kids that touch the jump rope, the safer it will be. Kids can sanitize their hands as they take turns turning the rope.

## SUGGESTED EQUIPMENT

Pool noodles - potentially one for each child

Bean bags - many and a variety of colors

Cones - tall, short, many and a variety of colors

Balls - stress type or tennis type, many and a variety of colors

Cleaning spray and hand sanitizer

Jump ropes

*For more information, visit [playworks.org](https://playworks.org).*