

Moving: Week 3

INSIDE: Marshmallow Grab

Need:

1 bag of mini marshmallows

2 dull or unused pencils per person [if the children are younger, 1 spoon per child.]

1 Dixie cup per player

1 dice [borrow one from one of your board games.]

Set Up: On a clean table, put two bowls full of the mini marshmallows in the center of the table.

Give each player 2 pencils. [or a spoon for the little ones.] Give each player a dixie cup, which they set next to them. BY THE WAY, NO EATING. This is a great way to use up stale marshmallows.

Play: 2 to 100 players

The youngest player starts by rolling the dice. Whatever they roll, is the number of marshmallows they need to pick up with their pencils, like chop sticks. [or the spoon.] They pick up their marshmallows put them in their cup and the dice passes to the next person on the left. And they roll and pick up the marshmallows and place them in their cup. The dice passes and you keep playing until someone's cup is full and they are the winner.

Variations: You can get as complex as you like, per age group. It can be as easy or hard as you like.

1. If you roll a 1, you lose all your marshmallows and need to put them back. And begin again.
2. If you roll a 6, you get to pick up six and roll again.
3. If you roll a 3, you pick up 3 and the dice moves in the other direction.
4. Have pairs work together with the pencils.
5. Start with full cups and put them back into the bowls by the dice rolling. Backwards, a bit.

OUTSIDE: Paper Plate Match Game

Need:

Paper plates – cheap ones

Markers/Crayons

Optional – Golf Tees

Set Up: Every player gets 7 plates and puts their name or favorite shape on them with a marker. You can also use numbers. Mark things lightly; so you can't see through the plates. The plates are then spread out in the yard with the name/shape/number down. Mix up the plates for fairness. Nobody should know where their plates land. If it's windy, tack them down lightly with golf tees. Set it up like a matching game.

Play: 2 to 100 players

Have the players line up in one line. Have a leader yell go. The first person runs to the plates, picks one up and if it is their plate, keeps it and picks up another. If it isn't their plate, they put it back, and run to the end of the line. You pick up until it's not your plate. It's best for the players not to show the plates to the other players. The first one to get all 7 of their plates wins.

Variations:

1. Play in pairs.
2. Play in teams.

Create your own games and play hard, play fair, nobody hurt.

