

Red Light, Green Light

Outcome: During this game children practice listening skills, observation, agility and control of their bodies. When they hear the command “Green Light,” children allow their bodies to move freely and express their emotion by movement (going faster or slower). When they hear “Red Light,” they learn how to slow down, stop and keep their bodies still. It allows children to regulate and control their bodies even when excited. It’s also a great way of learning how to follow directions and develop emotional competence.

Materials Needed: Choose a playing area which is open and allows children to move freely, indoors or outdoors.

Optional: Have two big pieces of red and green paper to use as “lights.”

How:

- Designate a starting line and the finish line.
- Start with everyone along the starting line.
- When you say “Green Light” everyone will move towards the finish line.
- When you say “Red Light” everyone must stop immediately.
- Continue till one of the players reaches the finish line and start again.