

Diabetes: A Family Matter

Game Ideas

In the past, before the modern age of technology people played games. They made fun out of ideas and ordinary items. Children and teens today seldom know how to play games that were once so popular with both young and old. Games can be great fun and also great ways to get us outdoors and active. Take a look and see if you can find a few to teach your children or grandchildren. Remember that the games are not just for young people, us older ones can play them too! They are all great ways to increase your physical activity.

Red Rover

What you'll need:

- Group of people no less than 6-8 and divided onto two teams

How to Play:

- Each group lines up, joining hands and faces the other group
- One groups shouts in unison, "Red Rover, Red Rover, send Johnny right over," with whomever's name is called running over towards the group and try to break through the line between two people by breaking their hand grips
- If they successfully break through, that person can take one of the other team's players back to their group and if they fail to they must join the other team

Capture the Flag

What you'll need:

- A very large area in which to play
- Two pieces of cloth to serve as flags
- A middle boundary

How to Play

- Break into two teams and set the sides
- Both teams hide their flag
- Then you break and go across the center, trying to steal the other team's flag
- Trying to take it back to your home area without getting tagged. If you get tagged, you're caught and go to the other team's prison. The only way to get out of prison is for someone on your team (who isn't also in prison) to touch you; then you can run free. You can get recaptured if you get tagged on the opponent's side of the field again.
- The first team to get the other's flag and bring it across the boundary line wins

Chain Hide and Seek

What you'll need:

- Group of people (the more the merrier)

How to Play

- One person counts to 20 while everyone else hides.
- As the first person is found, they join hands to go and look for the others.

- As others are found they join the chain.
- The first person found becomes the 'seeker' on the next round.

Sardines (a variation on Hide and Seek)

What you'll need:

- Small group of people
- Area large enough for the amount people involved to run around and seek

How to Play:

- You choose an It, but this time It goes and hides
- Everyone else goes to look
- When someone finds It they have to squeeze into the hiding place with that person like sardines
- The game ends when everyone is all squished in with It

The Bell Game

What you'll need:

- An empty space
- A bell
- A group of friends or family members

How to Play:

- Start by getting everyone to sit in a circle with their legs crossed.
- Pick one person in the group to be the leader.
- Place the bell on the floor in front of the leader.
- The leader stands up, picks up the bell carefully without letting it ring.
- The leader sits the bell down in front of someone else in the circle without letting it ring.
- Now that person is the new leader and they have to stand up and pass the bell off to someone else in the circle without letting it ring.
- Keep going around the circle until everyone has had a turn—see how long you can keep going without ringing the bell.

This game is a great way to work on concentration and body control. So, grab a group of friends (and family members too) and see if you can keep the bell from ringing!

Tag

What you'll need:

- You
- A group of friends or family members

How to Play:

- One person becomes 'it'
- Whoever is 'it' chases the others until they tag someone
- Announce, "tag your it"
- A variation of the game is called 'sticky apple'.... Whenever you are tagged, you put your hand in this spot and keep it there while you chase others.

- Another variation is called 'shadow tag' and can be played on sunny days. In this game, you just have to step on the other person's shadow and then they are 'it.'

Red Light, Green Light

What you'll need:

- You
- A group of friends or family members

How to Play

- Players line up at starting line about 20 feet from one player with their back to the group.
- The single player counts to 10 and when he or she turns around saying 'Green Light'
- And everyone starts moving forward.
- When the player says 'Red Light' everyone must stop moving.
- Anyone caught moving returns to the line.
- The game continues with the counting continuing and calling out 'Green Light' and then 'Red Light' until one of the players is close enough to tag the caller.
- This person then becomes the caller and everyone returns to the starting line and the game begins again.

Simon Says

What you'll need:

- You
- A group of friends or family members

How to Play

- Players line up at starting line about 20 feet from one player with their back to the group.
- Simon calls out actions for the group to follow and says things like, "Simon says... touch your nose" or "Simon says... touch you right shoulder"
- Everyone is to follow the instructions.
- Simon tries to trick people into moving when a command for an action is given, but "Simon says..." is not said first.
- When players are caught moving.
- The game continues until only one person is standing and then they become "Simon."

Blind Water Balloon Volleyball

What you'll need:

- A solid color shower curtain or tarp
- Two tarps to cover the floor if playing indoors or even for the outdoors to help keep the clean up time down
- Rope if indoors
- Set up volleyball net
- Balloons filled with water

How to Play:

- Set up the shower curtain as a covering over your volleyball net or as the net itself; you do not want to be able to see through the net
- Lay down the two tarps on each side
- Have each team sit on their tarps with their water balloons
- Each team tries to throw over a water balloon so that it hits someone on the other side with each hit/splash being a point
- By not seeing the other team it is harder to be ready to catch the flying water balloons

Stalking the Drum

What you'll need:

- A large open space outdoors
- A group of friends or family members
- A drum
- A blindfold for everyone except the drummer

How to Play

- Players are all blindfolded and go off in different directions.
- The runner beats the drum every so often.
- Blindfolded persons must follow sound of the drum.
- The drum beats less often and softer as the players get nearer.
- The drummer should not move around too much after they start the drumming.
- As each person makes it to the drummer, they remove their blindfold and wait quietly for others to make it to the drummer.

Doggy, Doggy Where's the Bone (can be played inside or outside)

What you'll need:

- A chair
- An eraser or other object
- A group of friends or family members

How to Play

- Person sits in front of the group on a chair with their back to the group.
- An eraser or other object is put under the chair.
- The 'dog' closes their eyes and someone comes and steals the bone, sits back down, and hides it somewhere on themselves.
- Then the group says, "Doggy, Doggy, where's your bone? Somebody's stole it from your home. Guess who it might be."
- The 'dog' has three guesses. If they guess right then they get to do it again. If they fail to guess right then the person that stole the bone becomes the 'dog.'

Final Word:

If you use this **Game Idea Activity** in your community, please be sure to go to the *Diabetes: A Family Matter* website <www.diabetesfamily.net> and share with others what worked and what did not work. A place on the **Communicate Section** of the website will be available for sharing

your ideas. If you have a website that pertains to your activity, please post the link so that others can take a look.

Related Resources

Many other games can be found through library books or just looking for old games online.

The CDC has a multitude of links that are more specific to one's needs and age. Look under physical activity at their website at: <http://www.cdc.gov>

The CDC's Community Guide has guides to organize a wide community campaign related to increasing physical activity: <http://www.thecommunityguide.org/pa/>

National Association for Health and Fitness <http://www.physicalfitness.org>

National Diabetes Education Program at: <http://ndep.nih.gov/>

A Healthier United States at: <http://www.healthierus.gov>

Family Education at: <http://life.familyeducation.com>

National Center for Biking & Walking: <http://www.bikewalk.org>