

Red Light, Green Light

ADULT PREPARATION:

1. Trace the circular end of the paddle onto red and green construction paper.
2. Cut the circles out.
3. Label the green circle "GO" and the red circle "STOP."
4. Hot glue one circle to each side of the paddle.

PROCEDURES:

The children will complete the following steps:

1. Line up at one end of the playground or yard.
2. Look at the adult holding the red light/green light paddle approximately 30 feet away.
3. When the adult shows the green side of the paddle and says, "Green Light," race towards the adult.
4. When the adult shows the red side of the paddle and says, "Red Light," stop.
5. If forward movement continues during "Red Light," they will return to the starting point.
6. Steps 2-5 are continued until someone reaches the adult.
7. The first child to reach the adult takes a turn to hold the red light/green light paddle and give directions.
8. Repeat steps 1-7.

NOTE:

Avoid saying, "Go!" for the green light. Children will typically run when they hear this word and have difficulty stopping. It may take young children several sessions of playing this game to master the tactic of stopping on command.

DISCUSSION SUGGESTIONS:

- ✂ Where do you see traffic lights?
- ✂ How do traffic lights keep us safe?

AGES: 3-5

GROUP SIZE:

6-15 children

DEVELOPMENTAL GOALS:

- ✂ To stimulate large muscle development
- ✂ To follow directions

LEARNING OBJECTIVE:

Using a red light/green light paddle, the children will play a game.

MATERIALS:

Paddle (ping pong or paddle ball)
Red and green construction paper
Marker
Scissors
Hot glue gun and glue sticks

