

## Red Light, Green Light

### Activity Instructions:

1. Line your kid(s) up side-by-side at one end of the playing space facing you.
2. You can line up at the opposite end facing the kids.
3. When you say "Green light" the kids can move towards you. Instruct them to walk, walk quickly, or run (depending on the amount of space you have.)
4. When you say "Red light", the kids must freeze!
5. When you say "Yellow light" the kids, must go slowly.
6. The first person to reach you is the winner.
7. All the kids can go back to the starting line and the game begins again.

**Variation:** Play music and ask the kids to do dance moves to get across the room.

**Variation 2:** When you say "Green light" ask the kids to change their movements (i.e. hop on one foot, skip, bunny hop, crab walk)