



Coloured Flashlights

This game is great for chilly or rainy days.

Physical activity links Muscular control, motor planning, spatial awareness, co-operation, focusing, physical endurance, running skills, locomotion patterns, physical fitness

Language/literacy links Listening skills, pretending, vocabulary

Equipment Pillows
mats (from the bathroom, bedroom, door)
comforters/blankets
sleeping bags
towels

Where Outdoors (with different equipment, such as baseball bats, hockey sticks, or sand castle moulds) or indoors

Let's play:

1. Get children to shine their flashlights on the roof and walls. Encourage them to recognize which beam of light belongs to which person.
2. Various activities can follow:
3. Play flashlight chase or tag, with one light chasing the other.
4. Shine flashlight on the wall and get kids to touch it, or on the floor and get them to jump on it. Move as quickly as your child can keep up.
5. Try to keep the beams of light together as you both move. Change pace and direction to match how your child can keep up.

Try this way:

- Give each participant more than one flashlight.
- Use the walls, floor and roof.
- Challenge children to keep their flashlight pointed at the floor/walls/roof while moving through different locomotion patterns, such as bear walking or crawling.

