



Touch That

Touch That is a great back-pocket game for parents, as it involves no equipment.

Physical activity links Muscular control, motor planning, spatial awareness

Language/literacy links Listening skills, co-operation, colour identification, body part knowledge

Equipment None. Best played in a room where touching the surroundings is allowed.

Where Outdoors or indoors



Let's play:

1. Parents call out "Touch something (name a colour)"
2. When this is called out, children have to locate this colour around the room (or designated outdoor space) and touch it with their finger. They will then freeze until a new colour is called.
3. Once all children have touched the colour and have frozen while touching the colour, a new colour will be announced.

Try this way:

- Increase the difficulty by getting the children to touch a certain colour with a certain body part (e.g. touch something yellow with your knee).
- The game can also be made more difficult by asking children to touch a colour that is a specific shape (e.g. "Touch an orange square").
- Different locomotion patterns can also be used, such as "Everybody crawl and touch something brown."
- Adapt this game to the seasons. For example, "touch a pumpkin" or "touch a green leaf."
- To create challenge, have your child balance in different poses between touching objects.

Adapted by Healthy Beginnings 2-5