

STEP 2: Individual Game Planning Sheet

Complete one sheet per game.

Game Name: _____

Purpose of the Game

- Movement
- Vocabulary review
- Teamwork
- Energy reset
- Transition activity

Age Range: _____

- Primary
- Mixed ages
- Teens

Materials Needed: _____

Keep materials minimal.

- Can this be played with zero materials? Yes / No

Setup Instructions:

- How do students stand or sit?
- How are teams divided?

How to Play (Step by Step)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Keep instructions short and clear.

- Describe how someone could demonstrate without many words.

Easy Recess Games Library

These are ready-to-use games that work almost anywhere. But they are simple. Come up with additional ones that will be good for your community!

Simon Says

Purpose: Listening skills, verb practice, energy reset

Materials: None

Best For: All ages

How to Set Up

Have students stand in an open space where they can move safely.

How to Play

1. The leader stands at the front.
2. The leader gives instructions starting with “Simon says...”
Example: “Simon says jump.”
3. Students only follow the instruction if the phrase begins with “Simon says.”
4. If the leader gives a command without saying “Simon says” and students move, they sit down or freeze for one round.

How to Make It Educational

Use verbs or vocabulary:

Jump

Clap

Turn around

Touch your head

Run in place

Sit down

How to Adjust

For shy groups: Let everyone stay in even if they make a mistake. For older students: Speed up commands or add two-step directions.

Mirror Movement

Purpose: Focus, calm reset, connection

Materials: None

Best For: All ages

How to Set Up

Students pair up and face each other.

How to Play

1. One student is the leader.
2. The leader moves slowly using arms, hands, or body movements.

3. The partner copies exactly like a mirror reflection.
4. After 30 to 60 seconds, switch roles.

Teaching Tip

Encourage slow movements. Fast movements make it chaotic.

How to Adjust

Small space: Play seated.

Older students: Add facial expressions or slow-motion challenges.

Clap Pattern Challenge

Purpose: Listening, rhythm, focus

Materials: None

Best For: Indoor spaces

How to Set Up

Students stand or sit in a circle.

How to Play

1. The leader claps a simple pattern.
Example: Clap clap pause clap.
2. Students repeat the pattern.
3. Gradually increase difficulty.

How to Make It Harder

Add stomps or snaps.

Speed up the rhythm.

Let students create patterns.

Classroom Control Tip

If students get too loud, lower your volume instead of raising it. They will follow you.

Vocabulary Relay

Purpose: Movement + English reinforcement

Materials: Flashcards, chalk, or none

Best For: Outdoor spaces

How to Set Up

Divide students into 2 to 4 teams.

Place vocabulary cards or write words across the space.

How to Play

1. First student runs to the word.
2. Says the word out loud.
3. Runs back and tags the next teammate.

4. Continue until all students have gone.

No Materials Option

Call out:

Colors

Numbers

Animals

Body parts

Students run to touch something that matches.

Adjustment

If space is small, turn it into a fast walk relay.

Four Corners

Purpose: Vocabulary review + movement

Materials: None

Best For: Indoor or outdoor

How to Set Up

Label each corner of the room 1 to 4 or assign a category:

Colors

Animals

Food

Weather

How to Play

1. Students choose a corner.
2. Leader calls out a number or category.
3. That group sits down or does 5 jumping jacks.
4. Continue until one group remains.

Educational Tip

Use this for quick review of lesson vocabulary.

Follow the Leader

Purpose: Energy release + engagement

Materials: None

Best For: Outdoor or large space

How to Set Up

Students line up behind a leader.

How to Play

1. Leader walks around the space.

2. Leader performs actions.
 - Jump
 - Hop
 - Clap
 - Spin
3. Students copy exactly.
4. Switch leaders often.

Adjustment

For calmer groups, require slow-motion movement.

Human Knot (Teens and Older Primary)

Purpose: Teamwork, communication

Materials: None

How to Set Up

Students stand in a tight circle.

How to Play

1. Everyone reaches across and grabs two different hands.
2. Without letting go, students work together to untangle into a circle.

Leader Tip

Remind students:

- Move slowly
- Communicate
- No pulling

Freeze Dance (No Music Needed)

Purpose: Energy release + listening

Materials: None

How to Play

1. Students dance or move freely.
2. Leader says "Freeze!"
3. Students must freeze immediately.
4. Anyone who moves does 3 jumping jacks and rejoins.

Variation

Instead of dancing, use:

- Animal movements
- Robot movements
- Slow-motion walking

Counting Circle

Purpose: Focus and teamwork

Materials: None

How to Play

1. Students stand in a circle.
2. They must count to 20 as a group.
3. Only one person can say each number.
4. If two people speak at the same time, start over.

Adjustment

For English practice, count in English slowly.

Emergency Zero-Material Games to Memorize

Simon Says

Mirror Movement

Clap Pattern

Follow the Leader

Counting Circle

Freeze Dance

Teach the Teacher Alignment

Before finalizing games, ask:

- Can a local teacher easily repeat this?
- Does this require special materials?
- Is it culturally appropriate?
- Does it avoid waste?
- Can it be explained visually?

If yes to all, the game is ready.

Final Preparation Checklist

Before departure:

- ✓ All games typed and printed
- ✓ Instructions simplified to one page per game
- ✓ Materials packed or confirmed locally available
- ✓ At least 2 no-material backup games ready
- ✓ All volunteers trained to lead at least one game
- ✓ Clear signal established to start and stop games