



PLAY BOOK



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INTRO

Play. Let's face it: It's what makes kids, kids. Jumping rope. Playing tag. Getting slimed. Dodge ball. Just running around... It's fun and it's silly and it's sometimes wild. But it's also serious business. Play keeps kids fit and active and it helps them learn how to play by the rules, work together, solve problems and be creative. It's an essential part of growing up. No matter what the game, the results are the same: play is good for kids.

• Let's Just Play! •

Let's Just Play is Nickelodeon's long-term, nationwide campaign to empower kids, ages 6 to 14, helping them engage in play that's active, healthy and fun. The goals are simple:

- To celebrate active, physical play
- To encourage and provide kids with opportunities to "just play"
- To advocate the benefits and fundamental joy of play
- To alleviate the pressures and expectations put on today's youth when it comes to their participation in sports and games
- To provide resources that will result in a more active lifestyle for kids

Much more than a media campaign, Let's Just Play provides resources to put play back in the spotlight. In order for the Let's Just Play message to inspire kids to play, however, Nickelodeon needs local partners like you to provide real activities for kids on an ongoing basis. This Playbook is one of the tools you can use to be part of Let's Just Play and to put the pure pleasure of play back in kids lives.

• What ever happened to simple, healthy, active play? •

A "how-to" book on play? Who would have ever predicted the need for such a thing? But according to statistics and evidence gathered by Nickelodeon on streets and playgrounds, the state of play in America has reached an all-time low. Over the past several years, America has seen a double-digit decrease in the amount of time kids spend being physically active each day. There is no single reason, but really a combination of things: the rise of latchkey kids, increased pressure to perform in school and sports, a reduction in recess and physical education classes, decreased community resources and limited after-school programs.

The decline in play is having a serious impact on America's kids as the national obesity rate reaches epidemic proportions and the pressure to succeed in school and sports filters down to younger and younger children. The disappearance of simple play threatens to change the very nature of childhood itself. Nickelodeon's Let's Just Play — and this Playbook — answers that call and makes play a priority again.

● Inside The Playbook ●

Nickelodeon knows it's not enough to just tell kids to get out and play. Raised in a world of structured activity and rigid schedules, kids will need some practical guidance. Which is exactly what this Playbook is meant to provide. Inside you will find:

- Detailed steps for planning your own Let's Just Play event, modeled after Nickelodeon's **Let's Just Play Across America**, which kids know about from watching the network.
- A listing of more than 40 simple games that you can incorporate into your program, including activities that require minimal props, common sporting events and Nickelodeon-style games.
- Nickelodeon's **Let's Just Play Pledge**, a rallying cry for play that all kids can sign, and **The Principles of Play**, a few fundamental rules that you can build into your program.

● How to use The Playbook ●

To make the best use of this Playbook, Nickelodeon suggests that you use it:

- As a blueprint to enhance what you are already doing with kids on a daily basis and to integrate Let's Just Play into your group's activities.
- To initiate play by choosing — or letting kids choose — the games that are of greatest interest to them. Take the time to teach kids the games using the instructions inside this Playbook. Feel free to let your group develop their own games to play as well!
- As a tool to connect kids with Let's Just Play and the Play Pledge, empowering them with a voice and a basic outline of rules for play.
- To guide you in creating your own special Let's Just Play event. Nickelodeon offers several suggestions for events that will accommodate any group's size and access to resources.
- As a resource to be shared with the kids in your program and as many other adults and kids as possible so that they understand the Let's Just Play concept and join in the fun.

Use the Play Pledge
to initiate group
discussions about
play and good
sportsmanship.

● The Let's Just Play Pledge and Principles of Play ●

In the back of this guide, you will find a Let's Just Play Pledge for kids. Use it — along with The Principles of Play — to initiate a discussion with the kids in your program about the value and importance of play in their lives. You can photocopy and have kids sign their own Pledge before you begin any of the Let's Just Play activities found in this book. You can also incorporate the Let's Just Play Pledge and The Principles of Play into a larger project (play mural, individual pledges, rules for play, etc.).



• Building Let's Just Play into your program •

It might seem like a conflicting message: trying to build unstructured free playtime into your regular programs for kids. But with a little creative planning, it can be done. There is no one "right" approach; it really depends on your program and your weekly schedule. Perhaps you would like to dedicate one hour a day during your after-school program to playing these games. Or maybe you'd like to make every Friday afternoon Let's Just Play Day. Whether you are running an after-school program, a Boys & Girls Club, a youth sports team, a summer camp or a school physical education program, the idea is to dedicate time on a regular basis to play activities.

• Planning Your Own Let's Just Play •

Nickelodeon encourages you and your group to organize a special Let's Just Play event for kids. Create a big play event that will mobilize your kids, their families, your local elected officials and others in the community. It's also a great way to demonstrate your group's commitment and involvement with kids and their well being.

WHO

Who can plan a Let's Just Play event? The truth is, anyone. A community center, school, neighborhood or any group of inspired kids can organize an event. A Let's Just Play event should simply be some time set aside for a few hours or an entire day dedicated to the pure joy of play.

WHAT

Every play event is unique! Nickelodeon has developed a Let's Just Play Across America program that strings together a series of activities, like a relay race. Kids move from one game to the next, trying their hands at everything from freeze tag to basketball to a "slime bucket relay." You can use this as a model for your own local event and even add a few twists along the way. Maybe your event is a timed race, or a game to see which group can move the farthest distance in the least amount of time. The important thing is that all events be inclusive and that the emphasis should be on having fun.

WHERE

Your Let's Just Play event could take place at your school, your club, or you may choose to bring several different groups together and host the event at a local park. Whichever location you choose, make sure it is easily accessible to all kids, safe and if possible, close to public transportation.

HOW

Holding your own Let's Just Play event can be a great way to bring your community together and motivate the kids in your program to reach out to new members. You can use the event as a membership drive, open house or end-of-school celebration. While there is no one way to plan a Let's Just Play event, Nickelodeon has outlined some steps that might be helpful:

Stay on Track:

Once you've decided to host your own Let's Just Play event, write down the goals you hope to accomplish. This will help keep you and your team focused. The more organized you are, the more spontaneous you can be.

1. Form a planning team and choose a leader.

Whether it's in your club, community center, school or just among your friends, gather enough interested people to form a Let's Just Play event team and select a team captain. The team will be responsible for planning, organizing, publicizing and running the event. With a team of at least 10-20 people, you should have enough talent and "peoplepower" to get the job done. The more the better. From this team, you should create mini-teams, which will focus on specific tasks such as finding a location, gathering equipment, publicizing the event and planning your day of play activities.

To make planning your event a success, create a Let's Just Play checklist or action plan of things you need to do.

2. Design your event & plan the activities.

First things first...create a schedule, including what time your event will start and end. Then, put together an event plan. You could use the Let's Just Play Across America event as the template from which to create your event or you can let the kids come up with their own unique idea (**Open Play House, Games From Around The World, etc.**). Let's Just Play Across America can be your Let's Just Play across the club, schoolyard, park or town. All that matters is that you create a series of games that kids and families play together. There is a starting line where all players come together to 'kick off' the event. The activities begin and each game is played by one group of participants. When the first activity is over, another group begins the next game in the relay. Games, sports and any type of playful activity can have a place in the relay. Feel free to use a baton, Hacky Sack®, Hula Hoop® or any other familiar object as the tool that connects each activity in the relay games.

What games will be played? Check out the back of this Playbook for some great ideas! Or ask your kids to help create the "menu" of games that will be played at your event. How will the games be organized? Will kids move randomly from one station to the next or will they play the games in order? There are many decisions to be made and your Let's Just Play event team can have fun sorting through these details. Plan a program that takes into account how long the event will last and where it will take place. How many games can your location accommodate at one time? How many volunteers will you need to run each activity? What kind of equipment will you need? Be sure to consider these questions when you plan your day. Important: Make sure you get permission slips from kids if necessary. There is a sample form in the back of the Playbook.

Once you decide what activities you'll play, lay out a course or map of your event (Such as where is the starting line? Where will each game take place? Where does your event end?) and figure out how long this event will last (at least give it a good guess).

3. Select a Date and Location.

By now you have a pretty good idea of what type of event you'd like to create. The plans might change slightly depending on where you can hold your event and what time of year it is, but it's time to start working on the details.



If you're having the event at your center or club, this shouldn't be too difficult to plan. But you may also consider hosting the event at a local school gymnasium, a beach, a schoolyard, park or church basement. Remember: if you want to use a local park or even close a street off to traffic, you'll probably need a permit from your city or town. One of your mini-teams can be responsible for finding out how to go about getting a permit and ensuring that it gets done in time. That's why it's important to pick your date early — it will give you all the time you'll need for planning, getting permits, and putting your requests in on time.

4. Reach out for Support.

Assign an outreach mini-team to contact anyone and everyone who you think can offer some support, whether it is local elected officials, merchants or town residents. Support might come in the form of money, equipment, space or help in the publicizing of your **Let's Just Play event**. A local sporting goods store might be willing to donate equipment or make special T-shirts for the day, or a printing company might make a banner. You never know until you ask.

5. Recruit Volunteers.

These games don't run themselves. The Let's Just Play event team will have to be sure that there are enough additional volunteers to run the games throughout the day. Maybe you can post an hour-by-hour schedule for each game and ask kids and adults to sign up and run that activity. It will be especially important to recruit volunteers who will set-up on the day of the event and clean up afterwards.

6. Spread the Word.

A publicity team can spread the word about your event to other youth groups, kids, town residents, local officials and the media. Their first step should be to write a press release (see a sample in the back of the Playbook) and send it to the local newspapers, television and radio stations. Then they can create flyers for the public that can be posted (with permission, of course!) in store windows and on community bulletin boards. There are many ways to spread the word. If your group or town has a website, be sure to use it. Be creative.

7. Gather the Equipment.

You've decided you want to do a jump rope marathon as one of your activities, but do you have enough jump ropes to go around? You definitely want to do a water balloon toss, but who's buying the water balloons and do you have an outlet for water? Whenever you choose a game, you have to consider equipment and resource needs. An equipment mini-team can be responsible for ensuring that you have all the necessary materials and equipment for the ideal Let's Just Play event.



8. Plan the Post-Play Celebration.

Players and volunteers will be hungry and thirsty after all of that playing. They deserve a big celebration. Be sure to assign a mini-team to plan the post-event celebration. You can involve kids, parents and community supporters in pulling together refreshments, paper supplies, ice and all of the party essentials. Make sure you leave the party location just as you found it — which means bring plenty of garbage bags to clean up afterwards!

9. PLAY!

You've done all the prep work, now it's time to PLAY.

10. PARTY!

If you've made it this far, you deserve to celebrate. Have fun (and maybe even start to gather feedback on how the day went).

• Kids are Game Experts •

Kids have always been the inventors of games. In fact, they probably invented most of the games in this guide — and passed them down through generations by word-of-mouth. To support this natural instinct and create some games that tomorrow's kids can enjoy too, Nick encourages Let's Just Play participants to invent their own original games and post them on the Nick.com message board. Who knows? These games might appear on the Let's Just Play website. Just make sure whatever games are invented get kids up, out and moving!

• Feedback •

Not only does Nickelodeon want you to make Let's Just Play a regular part of your program, Nickelodeon wants your feedback too! Share your experiences with other kids and adult organizers. Talk about how you dedicate time to play activities. How many hours are you devoting to Let's Just Play each week? How do the kids like it? What do you think of Let's Just Play? What kinds of games are kids playing in your community? Thank you for your expertise with kids and for making Let's Just Play a rewarding experience for everyone involved.

Fax, write or call. We want to hear from you.

For weather cancellations and other important news, create a phone tree with one branch for six or seven people.



GAMES, GAMES, GAMES

It wasn't too long ago that kids spent most of their free time outdoors, playing games with their friends — games they made up by themselves or learned from other kids.

Many of these games required no props; just boundless energy, some space and a natural desire to have fun. In a way, these games really belong to kids. Unfortunately, many kids today have no idea how to play them. Here's a list of some of these games. Remember, this is Nickelodeon — some games can get messy...you've been warned!

Ask your kids to search the web to find games that other kids play from around the world... then play them!

1. Amoebae Tag

Number of Players: 10 or more

Props: None

Time Required: 15-30 minutes or even more if players are willing

How to Play:

Just like tag, except two players are It. These two join hands and chase the others. Captives join hands with them and continue to hunt down the other players as part of a chain. The game ends when everyone's been caught. In another variation, Catch One, Catch All, the players who have been tagged don't hold hands, instead going out on their own to tag other players. The last one to be tagged wins.

2. Freeze Tag

Number of Players: 5 or more

Props: None

Time Required: 30 to 60 minutes

How to Play:

Just like conventional tag, except that once the one who is It tags another player, that player has to "freeze," or stand perfectly still. Players who haven't been tagged can "unfreeze" the frozen players, setting them free. The game ends when all the players are frozen.



3. Cat and Mouse

Number of Players: 8 or more

Props: None

Time Required: 15-30 minutes

How to Play:

One player is the cat and another the mouse. The rest join hands to form a circle, with the mouse inside the circle. The mouse, who can't stay in the circle for more than five seconds, runs in and out of the circle, trying to stay away from the cat. The cat can't enter the circle, but can reach inside it to "catch" the mouse by tagging him or her. The players in the circle assist the mouse by lifting their arms to let the mouse enter then quickly move closer together to keep the cat from reaching in. If the cat catches the mouse, the mouse becomes the cat and a new mouse is chosen. The former cat then becomes part of the circle.

4. Fox & Geese Tag

Number of Players: 4 or more

Props: Chalk and open space.

Time Required: 30 minutes or more

How to Play:

Draw a large circle (approximately 40 feet in diameter), with eight spokes running out from the center. One player, the fox, starts in the center of the circle. The rest, the geese, position themselves on the spokes of the outer circle. The object is for the fox to catch the geese. Every player must stay on the lines, so if two geese are running in opposite directions and bump into each other, they must either run the other way or figure out how to pass each other while staying on the lines. A goose becomes a fox if it's caught or steps off the lines.

5. Kick the Can

Number of Players: 4-10

Props: Large can like a coffee can, and plenty of hiding places.

Time Required: 30-60 minutes

How to Play:

Just like Hide and Seek, Kick the Can begins with the player who is It kicking a can as far as possible, then getting the can and putting it back on home base and counting to 50 or 100 while the other players hide. When the kicker spots someone, he or she calls out that person's name, then races them back to the can. If the hider kicks it first, they go free and the game begins again. If the kicker gets there first, the hider stays in jail while the person who's It finds more hidiers. Hidiers can free prisoners by running up to the can and kicking it without being caught. The captured players can then go hide again and the game goes on. The game ends when everyone has been captured. Then the first person caught is It. The game continues until everyone has a turn to be It or decides to stop playing.

6. Ring-o-Levio

Number of Players: 6 or more, evenly divided into two teams

Props: None

Time Required: 30 minutes or more

How to Play:

Players divide into two teams — the hunters and the hiders, with one location designated as the jail. While the hunters close their eyes and count to a designated number — 25, 50 or even 100, the other team hides. When a hunter finds a hider, they must tag him or her, say “Ring-o-Levio, one, two, three” and take their prisoner to jail. Prisoners are freed when another hider runs into the jail and tags his teammates without being caught by a hunter. The game ends when the last hider has been taken prisoner.

7. Red Rover

Number of Players: At least 10, evenly divided into two teams

Props: None

Time Required: 15-30 minutes

How to Play:

Teams form two lines facing each other and holding hands. Then a member of one of the teams calls a member of the other team over to try to break through their line, calling, “Red Rover, Red Rover, send (player’s name) over.” Then the player makes a run for the other line and tries to break through their arms. If the player succeeds, they pick a member of that team to go back to their team. If they fail, they become part of the opposing team. Each team takes turns calling people to their side until all the players are on the same side.

Go to
www.everythingnick.com
 for Let’s Just Play
 updates, ideas
 and events.

8. Blind Volleyball

Number of Players: At least 10

Props: Volleyball net, volleyball and large blanket.

Time Required: 30–60 minutes

How to Play:

The rules are the same as traditional volleyball, only a large blanket is draped over the net so players can’t see where the ball is coming from. Can be played indoors or outdoors.

9. Seated Volleyball*

Number of Players: At least 10

Props: Volleyball net, volleyball and chairs.

Time Required: 30–60 minutes

How to Play:

The rules are the same as traditional volleyball, except players are not allowed to stand or get out of their chairs, which adds to the challenge. This can be played indoors or outdoors.

*Suitable for players with disabilities.

Coaches!
Jazz up your
practices with an
unstructured game
or two.

10. Horse

Number of Players: 2 or more

Props: Basketball and basketball hoop.

Time Required: 30 minutes or more

How to Play:

Players shoot in order. After the first player makes a shot, the other players must duplicate that shot exactly, whether they have their back to the net, or bounce the ball off the ground into the net. Every player who misses gets an "H" and the first player gets to go again. If the first player misses the shot, the second player gets a turn to invent their own shot. Once a player misses enough shots to spell out the word HORSE, they are out of the game. The last player remaining wins.

11. 500*

Number of Players: 6 or more

Props: Playground ball, pink rubber ball, football or any kind of ball.

Time Required: 30–60 minutes

How to Play:

One player is the thrower and everyone else spreads out in the area, ready to catch the ball.

When the thrower throws the ball, they yell out a number between 50 and 500. If a player catches it, they earn that number of points. If they drop it, they lose that number. Once a player reaches 500 points they become the thrower for the next round.

*Suitable for players with disabilities.



Visit the Nick.com website regularly for game ideas if you exhaust the options in this book (and we hope you do).

12. Ultimate Frisbee®

Number of Players: 12-14, evenly divided into two teams

Props: A Frisbee and a large rectangular playing field with boundaries and "end zones" (as in football).

Time Required: 60 minutes or a time agreed upon by players

How to Play:

Ultimate Frisbee is a combination of football and soccer using a Frisbee instead of a ball. There is no physical contact. Each team lines up in front of its end zone. One team throws the Frisbee to the other, and the receiving team tries to advance the Frisbee up the field toward their opponent's end zone. Players may pass the Frisbee in any direction to each other, but they may not run with it and the player with the Frisbee has only 10 seconds to throw the Frisbee. If they go over that time limit, pass the Frisbee out of bounds, drop it or throw it so it's intercepted, the other team takes possession. The team with the most points wins.

13. Marco Polo*

Number of Players: 3 or more

Props: A swimming pool with appropriate adult supervision.

Time Required: 30-60 minutes

How to Play:

One player, chosen as Marco, closes his eyes and counts to ten, while the other players move around the pool trying to avoid capture. Upon reaching ten, Marco shouts, "Marco" and all of the other players have to answer "Polo." Marco uses the sounds of their voices to track them down, but must keep his eyes closed. The other players can keep moving and Marco can call out "Marco" anytime he needs a clue to their location. The goal is to tag another player, who then becomes the new Marco.

* Suitable for players with disabilities – provided they can float/swim in water.

14. Punchball

Number of Players: 10-14

Props: Small rubber ball (about the size of a fist) and enough pavement to make a baseball diamond with three bases and home plate. Chalk if bases need to be painted.

Time Required: 30-60 minutes

How to Play:

Punchball is like baseball without bats or mitts. It also requires fewer players and no pitcher or catcher. Instead of hitting the ball with a bat, "batters" use their fists, usually bouncing the ball on the ground once, then punching it to get on base. Rules should be established regarding how many strikes make an out and whether a foul is an out, but for the most part, baseball rules apply.



15. Running Bases

Number of Players: 3-5

Props: Any type of small ball, usually the size of a baseball. Baseball gloves are optional since you can easily play with a rubber ball. Chalk for drawing bases on pavement or bases for playing on grass.

Time Required: 30 minutes

How to Play:

First designate where to place the two bases (usually anywhere from 40 to 50 feet apart). Then select two players who will be the fielders for these bases. The other players run back and forth between the bases and try to avoid being tagged out, while the fielders throw the ball back and forth to each other. When a runner is tagged out, he or she changes places with the fielder. In some variations, the first player to steal two bases wins or the runner has to be tagged out three times before changing places with the fielder. Try playing with three bases formed like a triangle.

16. Stickball

Number of Players: 2 teams of 3-5 players

Props: Sticks (broomsticks, or a length of straight slim wood), and any type of small ball approximately the size of a softball.

Time Required: 30 minutes

How to Play:

An urban version of baseball with runs, strikes, outs and bases played in a street with no cars or on front stoops, using sticks instead of bats.

17. Catching the Dragon's Tail

Number of Players: 10 or more

Props: None

Time Required: 30 minutes or more

How to Play:

Players form a giant dragon by placing their hands on the shoulders of the player in front of them. The first player is the head and last player is the tail. At an appointed signal, the "head" tries to catch the tail without breaking the body. If the head touches the tail, they may continue to be the head. However, if the body breaks while the head is chasing the tail, the head becomes the tail and the next in line becomes the head. The game continues until everyone has had a chance to be the head.

Photocopy the instructions for individual games and distribute to all the kids in your program so they can teach them to their friends.



18. Red Light / Green Light*

Number of Players: 6 or more

Props: None

Time Required: 30 minutes

How to Play:

One player chosen as the “stoplight,” stands with his back to the rest of the players, who line up side-by-side about 30 feet behind him. The stoplight calls out “green light” or “yellow light,” allowing the player to run or walk toward him. When “red light” is called, all players must freeze. If the stoplight turns around and sees any movement, that player is sent back to the starting line. The first person to reach the stoplight wins and becomes the stoplight for the next game.

*Suitable for players with disabilities.

19. Catch, Don't Catch

Number of Players: 5 or more

Props: Medium-sized rubber ball, like a basketball or “playground” ball.

Time Required: 30 minutes

How to Play:

Players stand in a circle with their arms crossed, surrounding one person in the center holding a ball. When the player in the center throws the ball to one of the players in the circle, he or she will either say “catch” or “don't catch.” If they say, “don't catch,” the player cannot catch the ball or even move as if to catch it. If they say, “catch,” the player must catch the ball. Players are out if they don't follow a command or miss the ball.

20. Crab-Walk Relay

Number of Players: 6 or more, evenly divided into teams

Props: None

Time Required: 15 minutes or more

How to Play:

Teams line up so each player has a turn walking backwards on hands and feet (belly up) like a crab. One player from each team begins by crab-walking to a designated line. The crab must turn around and crab-walk back to tag their teammate. Each crab must walk the course as fast as possible until all members of the team have completed it. The first team to complete the relay wins.

If you are looking for ideas, call your local Boys & Girls Club because they are working with Nickelodeon on Let's Just Play activities.

21. Capture the Flag

Number of Players: 6 or more, evenly divided into two teams

Props: Anything that can qualify as a "flag" — like a T-Shirt, towel, etc.

Time Required: 30-60 minutes

How to Play:

Each team has its own flag and its own territory. First, the teams hide their flags somewhere within their territory. Then, teams try to find the other team's flag and bring it back to its own base, where its flag is hidden. If a player is caught in enemy territory with the flag, that player goes to jail, the flag is returned and the game resumes. Players who have captured the flag can pass the flag off to teammates to avoid getting caught. The team that gets its opponent's flag to its home base wins.

22. Snatch en Español

Number of Players: 8 or more, evenly divided into two teams

Props: Any object that can be "snatched," such as a stick, a ball, a plastic bottle or a pail.

Time Required: 15 minutes

How to Play:

Players form two straight lines facing each other, with an object placed in the middle. Each player is given a number in Spanish, with a member of the opposing team having the same number. When the leader calls out a number, the players with that number try to earn a point by running forward to try to snatch the object and return to their place in the line without being tagged by their opponent. If the player does get tagged or runs on the wrong number, the opposing team gets a point. If the leader uses English numbers, he or she is out, making the team smaller. A new leader is chosen and play continues until all numbers are called and points tallied.

23. All on One Side*

Number of Players: 6 or more

Props: Balloon and volleyball net/court or a rope.

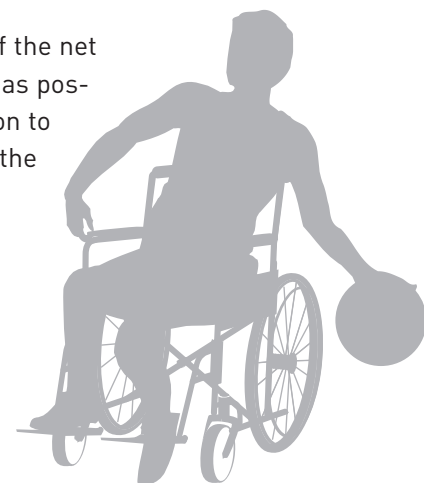
Time Required: 30 minutes or more

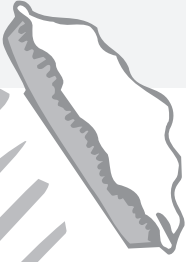
How to Play:

Sort of like volleyball, but with a balloon instead of a ball. Everyone starts on one side of the net with the goal being to get the team from one side of the net to the other as many times as possible while keeping the balloon in play and off the ground. Each player volleys the balloon to another player, then runs under the net to return the volley. Once the whole team is on the other side, the process is reversed. For an extra challenge use two balloons.

*Suitable for players with disabilities.

Challenge your
kids to invent
new games.





24. Musical Pies*

Number of Players: 5 or more

Props: Chairs, music and stereo/CD player, pie tins and whipped cream.

How to Play:

Similar to musical chairs except instead of walking around the chairs while the music plays, players must carefully pass a pie tin down the line back and forth until the music stops.

Whoever is holding the pie tin when the music stops must pie themselves. The last person holding the pie tin gets to decide whether to smush the pie in their own face or in the other player's face. This game is best played with BOTH adults and kids.

*Suitable for players with disabilities.

25. Slime Bucket Brigade*

Number of Players: 8 or more

Props: 2 big buckets, several (one per player) small cups of slime (see recipe below).

Recipe: Two parts applesauce to one part vanilla pudding. Slowly add small amounts of green food coloring to get to correct color. Add small amounts of water to achieve the right consistency.

Time Required: 15-30 minutes

How to Play:

Players move slime from one large bucket to another using small cups (to make it more of a challenge, put holes in the bottom of the cups). Players continue to fill the second bucket until the slime level has reached a certain pre-determined point. Game ends with someone being slimed — usually an adult.

Alternately, water can be used instead of slime.

*Suitable for players with disabilities.

26. Instant Beard*

Number of Players: 3 or more

Props: Bag of cotton balls, petroleum jelly, big plastic bowls.

Time Required: 15-30 minutes

How to Play:

Players must cover the lower part of their faces with the petroleum jelly then sit at a table or kneel on the ground in front of a bowl of cotton balls. Once the adult leader says "go," players must cover their faces in cotton balls without the use of their hands. The game ends when all players have beards.

*Suitable for players with disabilities.

27. Bean Bag Toss*

Number of Players: 3 or more

Props: At least six bean bags, and at least 10 objects that can be knocked over, such as empty soda cans.

Time Required: 15 minutes

How to Play:

Have all players stand behind a line about 10-15 feet away from the objects to be knocked over. Players then toss the beanbags at the objects. Try giving each player three beanbags at a time, or set up two teams and have relay races.

*Suitable for players with disabilities.

28. Plunger Ball Relays

Number of Players: 6 or more, evenly divided into teams

Props: Four plungers and two balls, such as a tennis ball.

Time Required: 15-30 minutes

How to Play:

One player from each team takes a plunger and places a ball in it then runs to a point about 30 feet away, holding the plunger over his head while trying not to lose the ball. When he returns to the starting line, he must pass the ball from his plunger to another player holding a plunger without dropping the ball. The second player then runs and returns to hand off the ball to the next player holding a plunger. First team to finish wins.

29. Hula Hoop® Pass

Number of Players: 10 or more, divided evenly into teams

Props: Two Hula Hoops.

Time Required: 15-30 minutes

How to Play:

Teams stand in a line side-by-side with hands linked and the person on the end holding the Hula Hoop. To win the race, teams must pass the hoop from the first person in line to the last without letting go of each others hands and breaking the chain.

30. Sack Race

Number of Players: 5 or more

Props: Sacks made from burlap canvas or other material, equal to the number of players.

Time Required: 15 minutes

How to Play:

Players stand in sacks, and race a pre-determined distance by hopping. Races can be organized as individual events or as relays.

Feel free
to improvise
with the games
found inside
this Playbook.



31. Wheelbarrow Walk

Number of Players: 4 or more (an even number)

Props: None

Time Required: 15 minutes

How to Play:

Teams are made up of two players — the first one walking on his or her hands and the second holding the first one by their legs. Teams race a pre-determined distance without collapsing. Can be organized as teams of two or as a relay. The first team to make it across the finish line wins.

32. Three-Legged Race

Number of Players: An even number, 4 or more

Props: String, fabric cord or other material that can be used to tie two players' legs together.

Time Required: 15 minutes

How to Play:

Teams are made up of two players standing next to each other, with their legs tied together so four legs must function as three. Teams must work together to race a pre-determined distance without falling. The first team to cross the finish line wins. Can be organized as teams of two or as a relay.

33. Ball Running

Number of Players: 3 or more

Props: At least two large rubber playground-style balls.

Time Required: 15 minutes

How to Play:

Players place a ball between their knees and hold it there. Without dropping the ball, they must travel a pre-determined course. Can be organized as a race of individuals or as a relay.

34. Tennis Ball Races*

Number of Players: 2 or more

Props: Tennis rackets and tennis balls, at least two of each.

Time Required: 15 minutes

How to Play:

Balancing a tennis ball on the flat part of a tennis racket, players then run or walk as fast as possible without letting the tennis ball hit the ground. Can be organized as a race of individuals or as a relay.

*Suitable for players with disabilities.

35. Under, Over Ball Pass

Number of Players: 10 or more, evenly divided into two teams

Props: Several balls like golf balls, beach balls, soccer balls, tennis balls, etc.

Time Required: 15 minutes

How to Play:

Two teams each form a line, with one bucket filled with balls at one end and an empty bucket at the other end. Starting with the first player, players pass a ball over the head of the first then under the legs of the one behind, alternating until the ball is at the end of the line. When the ball gets to the last player, that player places it in a bucket. The first team to fill their bucket with balls wins.

*Suitable for players with disabilities.



36. Wet Sponge Relay*

Number of Players: 10 or more, evenly divided into two teams

Props: Four buckets, two sponges.

Time Required: 20 minutes

How to Play:

Players arrange themselves in a straight line, with a full bucket of water at one end of the line and an empty bucket at the other end. Players dunk the sponges in the water then pass the wet sponges down the line, with the last person wringing the wet sponge into the bucket and passing it back. The object is to fill the empty bucket with water using only a sponge. The first team to fill their empty bucket wins.

*Suitable for players with disabilities.

37. Clothes Relay

Number of Players: 8 or more, evenly divided into two teams

Props: Full changes of oversized clothing, such as pants, shirts, jackets, socks, ties and shoes.

Time Required: 20 minutes

How to Play:

Works like a regular relay except that before running players must change into all the clothes allotted to their team. After they run their leg of the race, players must then take the clothes off and give them to the next person in line, who must run while fully dressed in the oversized clothing. First team to finish running and fold all the clothes wins.

38. Pajama Pants Pass

Number of Players: 3 or more, can be divided into teams

Props: Several pairs of XXL pajama pants or oversized pair of coveralls and a few dozen balloons.

Time Required: 15 minutes

How to Play:

One player puts on a pair of oversized pants (pajamas, coveralls, etc.) then puts 12 balloons down their pants. They then run to the second player also wearing oversized pants and pass the balloons from player 1 to player 2. Player 2 then runs to a third player and transfers the balloons to their pants. The third player must then run with the balloon-filled pants across a finish line and empty out the balloons onto the ground.

39. Footsie Ball

Number of Players: 10 or more, evenly divided into two teams

Props: One large playground ball per team.

Time Required: 15 minutes

How to Play:

Each team lines up across from the opposing team. Players then lie down next to each other on the ground. The first players at the end of each line takes the ball in between their feet and pass the ball to the player next to them. Players must pass the ball down the line, using only their feet. The first team to successfully pass the ball down the line wins.

40. Water Balloon Toss*

Number of Players: 6 or more, evenly divided into two teams

Props: About 50 water balloons, plus two buckets per team.

Time Required: 20 minutes

How to Play:

Teams line up, with each player about 5-10 feet apart. The player at the front of the line has a bucket filled with water balloons, while the player at the end has an empty bucket. Players soft toss the balloons down the line, taking care not to break any. When a balloon gets to the end of the line it goes into the bucket. First team with a full bucket wins.

*Suitable for players with disabilities.

41. Boot Camp

Number of Players: 2 or more

Props: Jump ropes, rubber tires — whatever is available.

Time Required: 15-30 minutes

How to Play:

Players must complete a Boot Camp course in an allotted amount of time or against another team. The Boot Camp course includes elements such as jumping jacks, push-ups, sit-ups, running, walking, cartwheels, jumping rope and running through tires.

NICKELODEON AND BOYS & GIRLS CLUB TEAM UP FOR ACTIVE KIDS

Partner with your local Boys & Girls Clubs because they may be planning a special Let's Just Play event that your group can be a part of. Kids looking for a place to play in their community can contact their local Boys & Girls Club and become part of the excitement of Let's Just Play. Kids can call 1-800-854-CLUB or log on to www.bgca.org to find the nearest club in their community and join in the fun!



**BOYS & GIRLS CLUBS
OF AMERICA**



• Principles of Play and the Let's Just Play Pledge •

Two important elements of Let's Just Play are The Principles of Play and the Play Pledge. They spell out the fact that every kid has a right to play and list a few basic rules every kid can live by. You can also use The Principles of Play as a starting point for group discussions about the importance of play in everyone's life. If you can, Nickelodeon would love to have copies of your signed Play Pledges. Feel free to mail them to the Let's Just Play, PO Box 929, New York, NY 10108.

The Principles of Play

- I have a right to play.
- I play because that's what kids do.
- I can play any way and anywhere.
- I play with my family, my friends or by myself.
- I play fair and with respect for myself and others.
- I play every day.

Play Pledge

I, _____
pledge allegiance to PLAY in the United States of America.
And to the principals who make recess grand. With support
from Nickelodeon's communities for free, unstructured time,
respect and fair play for all.

Let's Just Play. Everyday!

• Sample Press Release •

Contact the local media to show that your Let's Just Play Across America event is part of a huge national effort to get kids more active and healthy. You can use the language directly from the sample release below. Be sure to send Nickelodeon a copy of your release.

S-A-M-P-L-E

Boys & Girls Club of Ridgefield
79 Seth Low Mountain Road
Ridgefield, CT 06877
(203) 555-5656

Press Release

Contact: Laura Fleming (203) 555-4521

• FOR IMMEDIATE RELEASE •

BOYS & GIRLS CLUB OF RIDGEFIELD TO HOST DAY OF PLAY DAVE HUMPHREYS WILL OFFICIALLY START GIANT CITY-WIDE RELAY RACE

RIDGEFIELD, CT AUGUST 1 - Former basketball star Dave Humphreys, who learned to play the game 30 years ago at the Boys & Girls Club of Ridgefield, will officially launch the "Day of Play Relay Race" at McKeon Park at 10 AM on Friday, August 1st.

Day of Play is the first in a series of events sponsored by Boys & Girls Club of Ridgefield as part of Nickelodeon Network's Let's Just Play Across America event. Let's Just Play is a national grassroots campaign aimed at getting kids to engage in a more active and healthy lifestyle.

Mr. Humphreys, who played pro basketball for 10 years after he left Ridgefield, said he was greatly heartened to see what the kids had organized. "This shows that kids not only want to play more often, but that they want to play in their backyards, their schools and at their local Boys & Girls Clubs," he said. Mr. Humphreys will officially start a city-wide relay race beginning at 10 AM with a speech about his own experience playing at the Boys & Girls Club. Other events will include performances by the Ridgefield Brass band, a games demonstration by Boys & Girls Club members and Corinne Tinacci, who was first runner-up in this year's Outstanding Connecticut Teenager competition.

The Boys & Girls Club of Ridgefield, which serves more than 1,500 youths aged 6-14, has been providing a safe destination for kids to play for over 35 years. Its director, Jean O'Brien, said the Day of Play Relay Race was an idea the club members came up with themselves. "The kids planned it, organized it and ran the whole thing," she said. "And the results are something the entire community can enjoy."

With the help of a National Advisory Committee that includes NFL Star Tiki Barber and hip hop sensation Romeo, Let's Just Play is Nickelodeon's long-term national campaign to get kids to lead a more active and healthy lifestyle.



• SAMPLE PERMISSION SLIP •

_____ has my permission
to participate in (describe project) on (date or dates), from (time) to (time).

Parent or Guardian name _____

Address _____

Phone _____

Emergency contact _____

Phone _____

Child's doctor _____

Phone _____

Any allergies or medical conditions we should know about? _____

