READY

EQUIPMENT:
NONE

SET-UP:
PLAYERS FORM A LINE

NUMBER OF PLAYERS: 15+
TIME: 10 MINUTES +

EXPLAIN

1 Line up at the starting line! I am the “traffic light” and you are the “cars”.
2 When I turn around and say Green Light, you can move towards me.
3 When I turn back around and say Red Light, you must freeze.
4 If you are caught moving during a Red Light, return to the starting line.
5 If you tag the “traffic light”, then you become the new “traffic light”.

✓ For Understanding:
• On which light can you move?
• Point to the starting and finish lines.

GAME TIP:
• Instead of going back to the starting line, have the player do an exercise and rejoin the game.

CONFLICT RESOLUTION TIP:
• Do not feed into any player arguments if they are caught moving during a red light. “You get what you get and you don’t get upset.”

INDOOR TIP:
• Have players tip-toe to lower the noise.

PLAY → REP IT OUT!

• EASY: Walk or side shuffle.
• MEDIUM: Freeze for 10 seconds.
• HARD: Freeze on 1 foot.