The traditional way of thinking was that students went to school, sat at their desk, paid attention, and took part in the "sit and get" way of learning, all day long. Those days changed, as we acquired knowledge about how our students learn, it makes sense that we adjust our teaching methods. One of the different methods that teachers are finding very helpful for adding students in learning is the use of games. Board games, physical games, cooperative games, are but a few examples. Games can be an integral part of our curriculum as well as our daily lives, and can add a level of interest that will appeal to our children.

That’s why in It’s time to play are presented 30 recreational games for children, divided into three age group categories: 3-5’s, 6-9’s and 10-12’s years old. These games are designed taking into consideration children age and skills development. Each game has a tab for the counselor, in which is informed the name of the game, how many players might be allowed and whether the game need materials or not. Besides, there is a quote saying the type of play that will help the counselor identify each game category.

Finally, in It’s time to play, educators and parents will have a useful element to work in their respective areas in a ludic way that will foster the interaction around students, teachers, mates, parents, children and community in general with the ultimate goal of entertaining ourselves and strengthen the spirit of learning.
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“Education should no longer be mostly imparting knowledge, but must take a new path, seeking the release of human potentials.”

Maria Montessori.
3-5’s AGE GROUP

During this age, children’s world expands. Both gross and fine motor skills are refined during early childhood; physical and cognitive development is truly integrated; they become more and more mobile and verbal. They want to explore and learn through hands-on experiences, getting more interested of the environment around them.

- Imaginary play is a notable milestone of this stage.
- Children begin to name colors and begin to understand simple counting.
- Kids move easily between fantasy and reality, and can become quite emotional about their imaginary play.
- A great deal of social development occurs through fantasy play and imagination.

Game: Doggy - Doggy
Materials: Plastic Bone
Players: 10

Objective:
To promote children’s curiosity and imagination.
Type of play: Fantasy play.

All the kids are sitting down in a circle, one kid is going to be hidden behind the door; and will become the dog, the rest of the kids are going to sing this rhyme:

Doggy-Doggy where is your bone? Somebody took it from your home
Guess who?
It might be you, it might be the monkey from the zoo.

It might be you, it might be the monkey from the zoo. While all the kids are going to pass the bone around, once the rhyme finished, whoever got the bone is going to hide it on his back, everybody should put their hands on their back, the dog will come in the middle of the circle and he will have three chances to guess who took it. If the dog guessed right, then he got to do it again. If he guessed wrong, then the person who had the bone got a turn as the dog.

Game: What time is it Mr. Shark?
Materials: No
Players: 20

Objective:
Children will understand basic skills such as asking and listening.
Type of play: Dramatic play.

Kids are going to be in one part of the room holding hands, while the counselor is the shark and will be in the other part of the room; the kids will ask what time is it Mr. Shark?, and the shark will answer it is 3 o clock, so children will give 3 baby steps, and so on, until all the kids are near the shark (counselor) and will ask again, what time is it Mr. shark? So he will say it is dinner time running after the kids catching one, and this kid will be sitting aside, until the shark has cached all kids.

3-5’s AGE GROUP
The counselor will label the four walls of the room with a picture sing. There will be pictures like an ice cream, a ball, a pen and a bike. All the kids should dance in the middle of the room, the music will suddenly stop and children will run and stand below any picture. The counselor will roll a dice which has all the pictures stick on it; and if the dice landed on ice cream for example the kids that are standing by this corner will be out. The game will keep going until one kid will be the winner.

There will be 14 chairs in a circle and 15 players. Children should dance around the chairs without slowing down, when the music stops children have to sit on the chairs as fast as they can, the kid standing up, will be out of the game sit down watch the fun and wait to see who ends up as a winner.
The counselor will be dressing like a tiger and the kids will be sitting by the wall, kids will have a mission, the big mission is to get the treasure back. Kids will come one at a time trying to steal the treasure under the tigers’ hand; kids have to sneaky up, take the treasure and run back to their seats. If the tiger wakes up, the kid will be caught up, and will be sitting around the tigers’ fort; however, if someone get to steal the treasure, one kid will be released.

There will be the whole room full of hollow buckets of different colors. The buckets will be flipped over, all the kids will be divided into two groups, and the counselor is going to ask the kids to close their eyes, while hiding one ball inside the buckets. Then, kids have to open their eyes and one from each group will be picked up to go and flip the buckets up, to find the ball. The first one who finds the ball will give the point to the group.
4

Game: The cockroach
Materials: Music
Players up to: 20

Objective:
Children will learn to pay attention to changes in sound, and commands.
Type of play: Physical play.

Kids are going to be laying down on the floor with their legs up straight. The music will be playing and they have to move their legs like a cockroach, when the music stops they have to stand up quickly and the last kid getting up will have to make 5 jumping jugs.

Game: Freeze
Materials: Music
Players up to: 20

Objective:
Encourage children to develop motor skills by helping them master running, and dancing.
Type of play: Associative play.

Children will be in the dance floor, dancing all around the room, when the music stops the counselor will shout freeze and kids will immediately stop dancing and do not move anymore, if someone moves, after the music is done, then the teacher is coming toward him lifting him up and putting him on the frozen wall.

3-5’s AGE GROUP
Children will be divided into two groups. They will line up and they are going jump like frogs, up and down. There will be a race, so they have to go jumping through some obstacles (cones, chairs, and hula-hoops) and as soon as they get to the end of the line they have to bring one tree leaf and return coming through the same obstacles, the next kid will be ready to start the race. The winner group will be the first who have brought the 8 tree leaves.

There will be two groups of 10 kids in each one, there will be a mesh dividing the room, and there will be the same number of sponge balls in each part of the room. The music will be playing and kids have to start throwing the balls from one side to another, when the music stops the teacher will shout freeze and kids must stop throwing the balls and raise their hands. The teacher will count how many balls there are in each group’s floor, and the one with fewer balls will be the winner.
During these 'middle years' children will place great value on their physical ability development. While they have now mastered all the basic skills they'll need in life - walking, running, climbing, jumping, throwing, pedaling, catching - they will now focus on fine-tuning these skills. Besides, personality and autonomy begin to be developed since this middle age children start to explore self-esteem and confidence.


- Have strong physical skills - able to catch and throw confidently
- Enjoy climbing
- Many children are competitive, and can become argumentative.

You can discover more about a person in an hour of play, than in a year of conversation

Plato
Children will be split into two groups. They will form 2 rows, behind a starting line, the first pair in the line will place the balloon between their legs and the hands will be on their back. They will star a race going through some obstacles; they will have to get 20 feet away without popping or dropping the balloon, if the balloon falls, they will start again from the beginning. When they return to the starting point, the next pair will start. Once everybody has had a turn, they will sit down. The first team to finish the relay wins.

In this game children are going to be in a circle. The counselor in the middle will go around the circle tossing the ball to each kid saying "Push" or "Catch" if the counselor says push, the kid needs to catch it, and if the counselor says catch, the kid needs to push it back. So they have to do the reverse of what is been said. If they do the correct motion of the command, they remain in the game, if they do the wrong action; they sit until the next round. Next round starts once there is one person left standing.
**Game:** Eleven!  
**Leggy out!**  
**Materials:** No

**Players up to:** No matter

**Objective:**  
To develop the ability to observe, analyze and judge the performance of self and peers in sitting rounds.  
**Type of play:** Game with rules associative

All kids will be sitting down in a circle having their legs out straight. Each leg represents a number, the will be lifting up a leg while saying a number, each kid is going to have a turn however if the number 11 landed on someone’s leg, then, that kid will lose a leg and will have to bend it. The game will go on; if someone has lost both legs will be out of the game. The winner will be the last person standing.

**Game:** Horses and Cavaliers  
**Materials:** No

**Players up to:** 15

**Objective:**  
To develop physical activity by increasing components such as speed and flexibility  
**Type of play:** Physical / Cooperative Play

Children will form two circles; the first will be an inner circle; the second group will stand behind them in an outer circle. The first circle group is going to be called horses, and they will be standing with their legs open, and the second group is going to be the cavaliers. The cavaliers have to go jumping aside from horse to horse touching everyone’s shoulders, as soon as they get to their initial point, they will have to duck and come out from their partner’s legs; the last one coming out from the legs, will be eliminated of the game and they both have to sit aside.
There will be two groups. The first group will use the red jerseys and the second group will use the blue ones. Kids will have to place the jerseys on their back, letting the jersey holding on the T-shirts, kids are going to spread around the sports-court, the counselor will say, ready-set-go and kids are going to run after each other trying to steal the jersey from the opponent group, so red team are going to steal blue jerseys and blue team will do the opposite. If a kid got stolen has to sit down on the floor, the winner will be the last kid standing whit the jersey on, and the point will be for the whole group.

Children will be standing in a big circle putting their hands in front to the chest. The trick is not to flinch when pretending to throw the ball; The counselor will be in the middle of the circle with a ball, he will be tossing the ball randomly; so kids have to be vigilant, the counselor will pretend he is throwing the ball but if the kid flinches, then that kid will be sitting down in the circle, although, if the counselor really throws the ball and the kid catches it, the kid will remain in the game.

6-9's AGE GROUP
Kids will be sitting down “Criss-cross applesauce” in a circle. One kid will be the monkey standing in the middle of the circle. The idea is to get the monkey out, so kids will start rolling the ball trying to hit him. The monkey will avoid being hit by jumping or simply moving within the circle, if someone hit the monkey then, they will switch roles, so he will now become the monkey. Rules: Nobody can dive for the ball.

The ball cannot be lift up, just roll it on the ground.

Children are going to be standing in a circle, passing the ball around quickly, the counselor will be in the middle of the circle with his/her eyes closed, saying hot potato/hot potato, repeatedly, while lifting the arms, when the counselor says kaboom and clap; whoever has the ball should sit down and put the legs straight. The game will go on but, if someone need to pass the ball to the next kid and that kid is sitting on the floor, the kid should jump over that person, pass the ball and go back to his/her spot. The game will continue until one player is left.
There will be ten kids in each group, they will form two lines. There will be 2 hula-hoops away from the starting line, the game consist on: each kid will untie the shoelaces and make the shoes loose, each kid is going to throw the shoe inside the hula-hoops, one at a time, and get back in the line, if the shoe does not get inside the hula-hoop, should be leave it where it drops. If the shoe gets inside, that will be one point. Once everybody had a turn the counselor will count the shoes that are inside each hula-hoop. The winner team is the one with most shoes inside the hula-hoops.

There will be 12 plastic dots on the door. There will be a secret path that children have to discover. The counselor is going to draw the correct path on a sheet of paper. A kid is going to try to find out where is the beginning and the exit of the path, so he will step on a dot, if he got it right, the counselor will say yes and he can continue, but if he got it wrong, the counselor will say boom and the kid will have to walk out and sit. The rest of the kids will need to pay attention so they can figure it out where to step next. A new kid will come and do the same. The winner kid will be the one who finds out the path.
10-12’s AGE GROUP

From 10 to 12 years of age, children start to move from "childhood" to a view of a more adult world in the near future. Children of this age enjoy many activities; Relate to both same-gender and opposite-gender, this is a time of many physical, mental, emotional, and social changes, as well as the important leap forward in the children ability to solve problems and reason logically.

- They learn well through imitating role models.
- They are adventurous and enjoy change.
- They have a good attention span.


You don’t stop playing because you grow old, You grow old because you stop playing.

George Bernard Shaw
**Players:** 15

**Objective:**
To reinforce fine-motor skills such as coordination.

**Type of play:** Physical Play / Game with Rules

The counselor is going to be in the middle of the sport court holding a ball, and children will be spread around near the counselor. Each kid is going to be given a number, the counselor will yell a number out while throwing the ball to the air, the kid with that number will race to the ball, catch it and call out FREEZE!, while the rest of the kids have to run away, then the kid with the ball should throw the ball and tag one of the players, but if the ball misses, then he will be out.

**Rules:** players are not allowed to duck while frozen.

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**Players:** 14

**Objective:**
To promote challenging activities increasing complexity that will potentiate children’s abilities.

**Type of play:** Competitive Play / Game with Rules

There will be two groups, boys vs. girls; the challenge is to pass the more amount of water in 3 minutes. The bucket full of water will be at the beginning and the empty bucket at the end. Children will form a line and they should pass the water from spoon to spoon using just one hand. The team with more water in the bucket wins the challenge.

**Rules:** if the water is dropped while is passing, kids should start over

Just one hand is allowed to be used.
Children will sit down and make a circle. The idea is to start counting from one but nobody can say the number three, neither multiples of three, for example (3, 6, 9, 12, 15…) instead of saying those numbers; the person should say the word bottle, so these numbers would be replaced for this word. If someone says the prohibited number, then that kid will have to do ten jumping jugs, after that can get back in the game. The counting will start over, each time someone got it wrong.

All children will be in a circle with their heads down and hands on their back. The counselor will say heads' up, and everyone should lift their heads up and look at someone in the circle, the idea is not to stare at anyone, if it matches, then both will be eliminated and should sit down in the circle to see who ends up as the winner couple.
In this game all the kids are going to be sitting down, the counselor will pick one that will be in front with a picture of someone famous stick on his/her forehead, this kid is going to start asking questions about the character in hopes of deducing who it might be; questions like: Am I real? Am I an animal? Am I a superhero? So on. The rest of the kids can only give yes or no answers, until the kid gets who the character is. If time passed and the kid does not guess, there will be 3 kids giving clues. The game will be over when the player guesses the answer correctly.

Rules: The clues should not be obvious
Questions should only be answer by “yes” or “no”

This is the classic tic-tac-toe game, although this is made of participants, there will be two groups and these groups will be wearing a color jersey to be identified. There will be 9 hula-hoops in the floor shaping the tic-tac-toe; the two groups will be lining up away from the hula -hoops, when the counselor says go, the first in each group will go run and step inside one hula-hoop, as soon as they have stepped on it, the second pair will go and so on until one group complete the tic-tac-toe. The group, who succeeds in placing three of their teammates in a horizontal, vertical or diagonal row, wins the game.
Children will be sitting on a table; each participant is going to have one sheet of paper. There will be one dice and a pen in the middle of the table, whoever starts is going to roll the dice; if the dice landed on 6, this kid will start writing down the numbers from 1 to 101. While the kid is writing the numbers the next one on the table is going to take the dice and roll it, if he gets number 6 then, he will steal the pen from whoever is writing and should start writing the numbers on his/her sheet, the one who was writing should stop, and wait until his turn comes again to roll the dice. The game will continue until someone gets the number 101 on his/her paper.

There will be two lines of kids sitting in a row on the floor. The counselor should be sitting in between these two lines, each line is a group and they will hold hands, the first kid from each group will hold the counselor’s hand, in order to start everyone should be closing their eyes, the counselor is going to squeeze the first kid’s hand, so the next one in line is going to squeezes the next one and so on until the last person in line will get the squeeze and has to run all the way down where the teacher is, and touch the teacher’s head to get the point. The game will continue until all kids had a turn to run.
Children are going to be spread around the room. The ball will turn into a bomb, so the idea is to get rid of the ball, all kids should be counting from 10 down to 1, and while everybody is counting they are running at the same time, trying to avoid being hit. Whoever has the ball is going to hit someone else from the waist below, if anyone gets hit should go to jail, that is the corner of the room. When the counselor yells jailbreak it means that all kids that are in jail, can get back into the game.

Rules: - No head shots
    - If anyone got hit in number one, will be out of the game.

There will be 3 groups. One kid from each group will be blindfolded and there will be a guider behind, there are going to be 3 balls in the center of the room, the guiders should lead the blindfolded kid to pick up one ball and throw it to get any participant from the other team. So the guider leads his partner around the playing field, guiding him with his voice only, he will lead his partner to a ball, instruct him where he need to duck or bend over to pick it up, as well as how to throw the ball. If anyone gets tag, should leave the game. Play continues until there is one blindfolded kid left, that will be the winner.

Rules: - The person that guide may not pull or push his partner.
    - No one can talk, except from the guider.
This book recompiles 30 illustrated games with watercolor technique, useful for educators and parents that will potentiate children’s knowledge and skills.

Body expression, music, creativity and memory are the main tools used to encourage the activity of play in, It’s time to play.
It's time to play

Juegos didácticos para el ámbito escolar y particular.

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