



BE HAPPY

GAMES TO PRACTICE FOLLOWING DIRECTIONS

The University of Texas at Tyler School of Medicine

✓ **Simon Says**

One player is “Simon” and gives commands to the group (e.g., “Simon says touch your nose”). Players should only follow commands that begin with “Simon says.” If a player follows a command without that phrase, they are out or switch roles.

✓ **Freeze Dance**

Play music and have everyone dance while it's playing. When the music stops, players must freeze immediately. Anyone who keeps moving is out or does a silly consequence

✓ **Red Light, Green Light**

One player stands at the front as the “traffic light” and calls out “green light” (players move forward) or “red light” (players must stop). If the leader sees someone moving on red light, that player returns to the start. The first player to reach the leader wins.

✓ **Musical Chairs**

Arrange chairs in a circle, one fewer than the number of players. While music plays, players walk around the chairs, and when it stops, they must quickly sit. The player left standing is out, and one chair is removed each round

✓ **Duck, Duck, Goose**

Players sit in a circle while one player walks around tapping heads, saying “duck.” When they say “goose,” that player jumps up and chases them around the circle. If the walker gets back to the empty spot first, the chaser becomes the next walker.

✓ **Mother May I?**

One player is “Mother” and stands facing the others. Players take turns asking permission to move (e.g., “Mother, may I take 3 steps forward?”). If they forget to say “Mother, may I?” they must return to the start.

✓ **Follow the Leader**

One player is the leader and performs movements or actions (jumping, clapping, etc.). The rest of the group must copy exactly what the leader does. Rotate leaders after a set time or when someone makes a mistake.



✓ **Bingo**

Each player has a card with a grid of numbers or pictures. A caller randomly selects and announces items, and players mark them if they appear on their card. The first to complete a row, column, or pattern calls “Bingo!” and wins.

✓ **Hopscotch**

Draw a numbered grid on the ground and have players toss a marker onto a square. They hop through the course on one foot, skipping the square with the marker. On the way back, they pick up the marker without losing balance.

✓ **Hot Potato**

Players sit or stand in a circle and pass an object while music plays. When the music stops, whoever is holding the object is out or performs a task. Continue until one player remains.

✓ **Scavenger Hunt**

Create a list of items or clues for players to find. Players search individually or in teams to locate all items on the list. The first to find everything (or the most within a time limit) wins.

✓ **Telephone**

Players sit in a line or circle. One player whispers a message to the next person, and it continues down the line. The last player says the message out loud to see how much it changed.

✓ **Obstacle Course**

Set up a course with different physical challenges (e.g., crawling, jumping, balancing). Players take turns completing the course as quickly and safely as possible. You can time them or just play for fun.

✓ **Relay Race**

Divide players into teams and line them up. One player from each team completes a task or runs a distance, then tags the next teammate. The first team to have all members finish wins.

✓ **Freeze Tag**

One or more players are “it” and try to tag others. When tagged, players must freeze in place until another player unfreezes them (e.g., by tagging them). The game continues until all players are frozen or time runs out.