



Shadow Tag

By Rhythms of Play



<https://rhythmsofplay.com/educational-shadow-activities-for-kids/>

Shadow tag is best played outdoors on a sunny day. The main idea is to step on another player's shadow in order to "tag" them.

- Start by selecting the player that will be "It" or the "tagger."
- Before starting play, decide if there will be a "base" or place that players can be temporarily safe from "tagging" if they need a minute to rest, and, where this "base" will be.
- On go, all players try to keep their shadow from getting tagged by the person that is "It," while the player that is "It" does their best to step on another player's shadow to "tag" them.
- When another player is tagged, by the "tagger" that player then becomes "It."
- Play continues until the players decide to end the game of shadow tag.

Dance with your shadow

By Rhythms of Play

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Put on some fun music in a sunny outdoor area where children can see their shadows and have fun dancing with them. Feel free to add in shaker eggs and other musical instruments of choice.

Add in more fun by turning off and on the music and having your kids freeze when the music stops. Your kids will have a hard time not giggling at their silly frozen shadows.



Doubles Jump

Inspired by: teachingandtapas.com



Materials:

- Sidewalk chalk (if playing outside)
- Masking tape (if playing inside)
- Paper (if playing inside - optional)
- Equation cards (you can make your own or print the ones on the next page)
- "Bean bags" (for Doubles Toss adaptation)

Instructions:

1. Make a 3x4 grid using chalk or tape.
2. Inside each of the boxes of your grid write all the even numbers from 2 to 24. When writing out the numbers make the order random.
 - a. If you are playing inside you can write the numbers on a piece of paper or create them using masking tape.
3. Create a starting spot outside of the grid, and have the player stand on that spot to start.
4. Call out a doubles equation (eg: $2+2$, $3+3$, $4+4$, etc).
5. The player solves the equation and hops (bunny hop with feet together) to that square within the grid.

Adaptations:

- For kids who are just starting to learn their doubles, make a 2x3 grid and focus on doubles to 12.
- If you have two players, you can add a element of challenge by having them race to the correct number.

Doubles Toss (adaptation)

Using the same number grid and equation cards, toss in a twist to the game.

1. Call out an equation.
 2. The player solves the equation by tossing a "bean bag" onto the correct square.
- If you have two players, you can add a element of challenge by having each player use a different coloured "bean bag." Players get a point for every "bean bag" they threw in the correct square - without missing.

$1 + 1 =$

$2 + 2 =$

$3 + 3 =$

$4 + 4 =$

$5 + 5 =$

$6 + 6 =$

$7 + 7 =$

$8 + 8 =$

$9 + 9 =$

$10 + 10 =$

$11 + 11 =$

$12 + 12 =$