

childhood day

mile

Friday
7 June

Traditional Games

While you walk your mile there are lots of fun traditional games you can play. Here are a few suggestions:

I spy: Look for objects starting with a certain letter. The children could be selected in alphabetical order of their name, and they choose an item beginning with the first letter of their name.

Follow the leader: The leader adds an element to the walk, like an arm motion, a sound, a hop, or so on. Everyone behind must follow along. Or, to make the game more challenging, have each new leader add a new element while keeping all the old ones going.

Memory game: The game starts by someone saying aloud "I went on a walk and I saw . . . (states item)." The next person must remember and call out all the previous items before adding their own item to the list. Try to keep the list going for as long as possible.

Nature trail: Look for certain objects or flowers or listen for the sounds of birds and other animals. Children win a token for each item they spot.

The amazing race: Challenge each other to a race from one spot to another.

Twenty questions: Carry something in your hand and have the children guess what it is over the course of your walk.

Catch: Bring a small ball or beanbag with you and toss it from person to person as you walk. Keep count and see how long your streak can get before dropping the ball.



Spelling bee: Have children challenge each other—and you—to spell words based on what they can see.

Poetry to go: Take turns creating a poem-on-the-go. Start off with a simple line like "I love to walk when the sun is bright" and have the children add their own rhymes ("but in the dark I get a fright"...).

Word association: In turn (as they walk in a line), children say a word related to the previous word. An example might be as follows – Water – Drink – Coffee – Black – Night – Stars etc.

Rhyming game: Walking in a line, someone starts with a word, and you take it in turns to come up with a word that rhymes with it. See how long you can keep the chain going.

Counting patterns: Depending on the age of the children, take it in turns to count in multiples, e.g. 2,4,6,8 etc, getting progressively harder if the children are older 8,16,24,32, and so on.

Hula hoop pass: All the children hold hands in a line. Put a hula hoop on your arm, put your head through it and step through it and then pass it on to the person to your right. The hula hoop must be passed along the line without letting go of each other's hands.

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