



## Red Light, Green Light

Red Light, Green Light is an easy game for preschoolers to play to be active. You can play with two players or more. Outdoor spaces are best for playing Red Light, Green Light so you have plenty of room to run. One player starts as the “traffic light” and stands a distance away from the other players, facing away from them. When the traffic light says “green light” all the players should run forward. But when the traffic light says “red light,” the players should stop right where they are and not move. If a player keeps running after the traffic light says “red light,” that player returns to the starting line.

The first player to reach the traffic light wins and is the traffic light for the next turn. For a fun variation, instead of running, players can move forward in other ways, such as bunny hopping, frog jumping, and crab walking.