



# Get Active

Keep your  
mind and body  
healthy.

Play this game  
to get moving!

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# Red Light Green Light

1. Choose one child to be the 'stop light'. The other children are the 'cars'. The cars line up about 15 meters from, and facing the stop light.
2. When the stop light says "green light", the players run, jog or walk towards the stop light.
3. When the stop light says "red light", the players must stop.
4. Any players still moving after "red light" has been called, are out.
5. The child who makes it to the stop light first is the winner, and gets to be the stop light next game.