



RAINY DAY ACTIVITIES



RAINY DAY GAMES

Cover Up

Equipment: One penny per pair
Players: Pairs of students
Area: Classroom
Procedures: A pair of students face each other with hands on the corner of a desk. Place penny on desk in the middle. On "go" players attempt to cover the penny with the free hand. A point is scored by the player who covers the penny first.

Thumb Wrestling

Equipment: None
Players: Pairs of students
Area: Classroom
Procedures: A pair of students join hands with thumbs pointing up and four fingers hooked together. On "go" each student attempts to pin the opponent's thumb.

Who's Missing

Equipment: None
Players: Entire Class
Area: Classroom
Procedures: Students put heads down and cover eyes. Teacher selects a clue giver and a hider. The hider hides behind the teacher's desk. Students uncover eyes and begin to ask hider for clues as to who's missing. Allow a guess after three to five questions.

Geiger Counter

Equipment: None
Players: Entire Class
Area: Classroom
Procedures: Choose a finder and have him/her go outside the classroom. Select an object or a student as a target. When the finder returns to the classroom, the class claps faster as the finder moves closer to the target and slower as the finder moves away. The finder has three guesses to select the target student or object.

Magic Ropes

Equipment: One 8' jump rope per student pair
Players: Pairs of students
Area: Classroom
Procedures: Have student pairs perform tasks using the ropes such as shapes, letters, and pictures. You can do this in a contest form having student pairs to be the first to form the object or you could have a student pair form an object while the other pairs guess what it is. Balance and locomotor skills can also be preformed with the rope.

Hot Potato

Equipment: 3 Nerf balls
Players: Groups of ten students
Area: Classroom
Procedures: Each group of ten students sit in a circle with their legs crossed. On "go" students roll the ball back and forth on the floor to one another in a random pattern until "freeze" is called. The student who has the ball when "freeze" is called has a point against them. Play the game to five. The object is to earn as few points as possible.

Snowball

Equipment: One paper ball per student
Players: Entire class divided into two teams
Area: Classroom
Procedures: Divide the classroom in half. Teams remain on their respective sides of the classroom on their hands and knees. On "go" each team throws their snowballs on the other side of the classroom. The object is to have as few snowballs on your side of the classroom. Students should continue to throw until the teacher yells "stop". Once "stop" is called, the snowballs are counted, and the team with the fewest snowballs wins.

Relaxation

Equipment: CD player with music
Players: Entire class
Area: Classroom
Procedures: With the lights turned off, the teacher leads students through a story of visualizations and body relaxation. Soft music may play in the background, and students may lie on the floor.

Mum Ball

Equipment: 2 to 4 Nerf Balls or large balls made of paper
Players: Entire class
Area: Classroom
Procedures: Students sit on their desktops. They are not allowed to speak. Students throw ball(s) from student to student. If the ball is caught, then the student remains on his/her desktop. If the ball is missed, the student sits in his/her chair. Bad throws and talking also cause a thrower to return to his/her chair.

Design an Exercise

Equipment White board and dry-erase markers
Players: Entire class
Area: Classroom
Procedures: Choose five symbols such as ?, *, #, and @. Ask the class or a volunteer to assign a movement or exercise to each symbol. For example a number sign (#) could mean that the students turn in a circle and a question mark (?) could mean that students hop on the right foot. Ask for a volunteer to design an exercise routine by listing symbols on the board. As the volunteer points to the symbol, the class performs the exercise.

Kings and Queens

Equipment: Colored arm bands, jackets, or pinnies, Two white board erasers
Players: Entire class divided into two groups
Area: Classroom
Procedures: Students sit on desks. One team is the kings and the other is the queens. The team is identified by an arm band, a pinnie, whether or not the players are wearing a jacket, or by gender. Each team selects one player to balance an eraser on his/her head. Teacher calls "kings chase queens" or "queens chase kings". The team called attempts to knock the eraser off the opponent's head by chasing him/her. The teacher may also call "switch" at any time which means the chase is reversed. Team names could mirror curricular areas that are being studied at the grade level.

Flag Snatch

Equipment: One flag per student or one strip of paper
Players: Pairs of students
Area: Classroom
Procedures: Each student places a flag or a strip of paper in his/her waste band. A pair of students stand back to back with their hands on their heads. On "go" students turn around and attempt to pull the opponents flag. Consider using two colors of flags and creating two teams to compete against one another. Students may rotate their partner after each round.

Blower Ball

Equipment: Ping Pong ball for each student pair or group, Student desks
Players: Pairs of students or a group of four
Area: Classroom
Procedures: Student kneels around the desk clasping their hands behind their backs. If using four students, one student is at each side of a desk. The Ping Pong ball is placed in the center of the desk. On "go" students attempt to blow the ball off one of the opposing sides of the desk. Students may use only their breaths to block the ball. They may not place their body on the edge of the desk to block the ball. If using four players, consider having two players be a team that opposes the other team. You could have a two player Blower Ball tournament.

Obstacle Course

Equipment: Desks, chairs, classroom furniture
Players: Entire class
Area: Classroom
Procedures: Arrange furniture for students to go over, around, through, and under. Consider allowing each row or table group create their own obstacle course for their classmates.

Balloon Games

Equipment: Balloons – a variety of sizes and shapes
Players: Entire class; may be pairs or teams
Area: Classroom or Multi-Purpose Room
Procedures: A balloon can be used for volleyball, sword fights, a balloon stomp, movement challenges, or mini-baseball. A beach ball can be substituted for a balloon.

Ducks Fly

Equipment: None
Players: Entire class
Area: Classroom or Multi-purpose Room
Procedures: The leader stands in a prominent position and gives various commands in quick succession such as “ducks fly, goats fly, bats fly,” etc. The class attempts to flap their arms as wings to all the animals that fly and stand still when animals that do not fly are mentioned.

A and T Spelling

Equipment: None
Players: Entire class divided into two teams
Area: Classroom
Procedures: The letters “A” and “T” must not be spoken. The letter “A” is shown by bending the right elbow and raising the right hand. The letter “T” is shown by bending the left elbow and raising the left hand. Play as a regular spelling match. Any errors in spelling or in the pantomime of “A” and “T” mean the player is eliminated. Use words like the following:

battle	Atlantic	state
attack	totter	plantation
pasture	tiller	tattletale
Artic	top-hat	tomato
Antarctic	Tampa	automatic

Categories

Equipment: Set of alphabet cards or white board
Players: Entire class divided into two teams
Area: Classroom
Procedures: Divide the class into two teams. Each team chooses a leader. Each leader takes a turn selecting an alphabet card. The leader holds up the alphabet card, names a category (category examples include cities, books, songs, birds, states, animals, etc.), and asks a question such as the following, “Give me the name of a city that begins with a “B”. The team that answers correctly first gains a point.

Bandit

Equipment: Desk chairs
Players: Entire class divided into circles containing six to ten players
Area: Classroom
Procedures: Players move chairs in a circle and select one student to be the leader. The leader points to any person and says "Bandit". That person must immediately place both hands over his/her ears. Simultaneously the neighbors on either side of the bandit must place the hand nearest the bandit over his/her own ear on that side. The last of the three to cover his/her ears must stand behind his/her chair. If the bandit does not use both hands or if one of his/her neighbors uses wrong hand or both hands, he/she must stand behind his/her chair. The empty chairs become confusing. Each new bandit calls the next bandit and also acts as judge to determine who is eliminated. The last two players left are winners.

Keen Eyes

Equipment: None
Players: Entire class divided into two teams – Team A and Team B
Area: Classroom or Multi-purpose Room
Procedures: Players stand in two lines facing each other. Each person carefully observes what the person opposite him/her is wearing. Team A turns around and team B is given a minute to make some change in clothing. Examples include untying a shoe lace, unbuttoning a button, turning a belt around, tucking in a shirt, or exchanging a jacket or sweatshirt. Team A turns around and each person on the team in turn is given one guess on what the corresponding team B player changed in his/her clothing. One point is scored for each correct guess. On the next round, team B turns around while team A makes a change in his/her clothing.

Alphabet

Equipment: Two sets of alphabet cards
Players: Entire class divided into two teams
Area: Classroom
Procedures: The alphabet cards are divided between the players of each team. When the teacher or leader announces a word, the players holding the letters in that word hurry to the base line which has been marked in the front of the room and arrange themselves in order to correctly spell the word. Double letters are shown by raising the card in the air. The first team to correctly spell the word wins a point.

Electric Shock

Equipment: Nine to ten objects from the classroom
Players: Entire class
Area: Classroom
Procedures: One person is sent from the room. In the person's absence, nine to ten objects are placed on a chair or table. The group chooses the object that will be electrified. The person is brought back and told that one of the objects is charged with electricity. He/She touches the object he/she thinks is electrically charged with his/her finger. When the person comes to the charged object everyone lets out a scream. The effect is guaranteed to shock.

Fifty-Six

Equipment: None
Players: Entire class
Area: Classroom
Procedures: Players are seated in a large circle. Using seven as the number which can never be said aloud, players start counting aloud going clockwise around the circle. When the counting reaches seven or a multiple of seven that player must clap his/her hands instead of saying the number. When an error is made a new game starts. Have two circles play simultaneously with the object of the game being the first to reach 56. Use other numbers.

Human Checkers

Equipment: Seven chairs per group of six students
Players: Groups of six students; three girls and three boys
Area: Classroom
Procedures: To move the girls to where the boys are sitting and the boys to where the girls are sitting. The game begins as follows:

G G G Empty Chair B B B

Solution: 1. girl moves, 2. boy jumps, 3. boy moves, 4. girl jumps, 5. girl jumps, 6. girl moves, 7. boy jumps, 8. boy jumps, 9. boy jumps, 10. girl moves, 11. girl jumps, 12. girl jumps, 13. boy moves, 14. boy jumps, 15. girl moves.

Human Tic Tac Toe

Equipment:	Nine chairs set up in a tic tac toe grid
Players:	Entire class divided by gender or pinnies are used to distinguish teams
Area:	Classroom or Multi-purpose Room
Procedures:	Two teams differentiated by gender or with pinnies to be X's or O's. The game is played exactly like the pencil and paper version of tic tac toe. Players sit one at a time as the teacher calls either X or O. Teams must remain silent – there is no “coaching” allowed. Once a player attempts to sit in a chair, he/she is not allowed to change to a different chair. The side wins which gets three in a line – horizontally, vertically, or diagonally.

The Trial

Equipment:	None
Players:	Entire class divided into three teams
Area:	Classroom
Procedures:	Played like 20 questions but this version works for an entire class. Each team sends one person to meet with the teacher. They decide on a person, place, or thing. It must be the same for everyone. The person then goes and sits with a different team. The team asks yes or no questions which must be answered “yes”, “no”, or “I don’t know.” The group who finds the answer first wins. Everyone returns to their own teams and a new person is selected to meet with the teacher.

Battleship

Equipment:	20 to 30 chairs; two blindfolds
Players:	Entire class divided into two or more teams
Area:	Multi-purpose Room or Classroom
Procedures:	Each team selects one team member to be blindfolded. Teacher creates an obstacle course with the chairs once the team members are blindfolded. On “go” each team gives voice commands to their blindfolded team-mate in order to guide him/her through the obstacle course. The first player to the finish line wins.

Indoor Track Meet

Equipment: Paper Bags, Straws, Paper Plates, Books, Masking Tape, Ruler

Players: Entire class

Area: Multi-purpose Room

Procedures: Have an indoor track meet with the following events:

The Hundred-inch Dash: Make two tapelines (start and finish) one hundred inches apart. Starting with their feet together, contestants move forward by touching the heel of one foot to the toe of the other foot.

The One-Minute Mile: Time each person for one minute as he/she runs in place, lifting feet at least twelve inches. Every time the contestant's right foot touches the floor, it counts as one. The child with the highest count within a minute is the winner.

The Paper-Bag Put: Grab a paper bag and crush it into a ball (paper works, too). You now have an indoor shot that can't damage anything. See who can throw it the farthest, using proper shot-putting form.

The Javelin Throw: Throw straws as javelins.

The Discuss: Throw the paper plate as a discuss.

The Broad Jump: Make a tapeline for the start. Toes should be behind the mark and both feet must leave the floor together. Longest distance wins.

The Mini-Hurdles: A stack of three or four text books make excellent indoor hurdles. Have each contestant hurdle the object, going back and forth twenty times. The one who does it the fastest wins.

The High Jump: Text books can be converted into a high jump bar. Start with one book and add a book. Contestants continue to jump until they miss. The winner's achievement is measured by the number of books he's/she's jumped.