BOSTON
SENSORY
SOLUTIONS, LLC

Name of activity: Red Light, Green light

Purpose / Key words: Self regulation, Goss motor, motor planning

Age range: K- grade 2, grade 3-5, middle school- teen

Materials
No materials or equipment required. However, creating red, green, and yellow signs help to indicate the change in directions

Instructions/ explanation:
The goal of the activity is to practice slowing down and stopping while trying to get from one playing area to another without getting called out

1. The game can be played both indoors and outdoors. Designate the playing area and have the child line up / spread out along one side of the playing area.
2. Pick a child to be the leader and have him/her line up on the opposite side of the playing area.
3. The leader will call out the different colors.
4. Green light (GO) the players will move forward (run).
5. Yellow Light (SLOW) the players will slow down to a walk.
6. Red light (stop) the players will immediately STOP Red light (Stop), Green light (Go), or Yellow light (Slow down!).
7. If a player is caught moving after Red light is called then that play is out or has to go back to the start.
8. Once the players reach the other side of the playing area they can all go back to the start to play again.

Activity Modification
To simplify
- Instead of having a finish line, play game in an open area and focus on having kids move around within the designated area.

- Provide visual props so that the leader is indicating the directions both verbally and visually.

To make more challenging
- Pick an animal movement for the players to do instead of running. For example, bear walking, crab walking, frog jumping etc.
- Have the leader stand with their back towards the players, and only turn around when red light is called, to check if players are still moving.
- Introduce new colors, giving variations on how to move. For example, run on green, heel-toe walk on purple, hop on blue, knee walk on yellow, etc.
- Create an obstacle course with hula hoops that the players have to navigate while moving forward.

Link /resource