







Games for Child Friendly Spaces (CFS) in which Social distancing is necessary

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Precautions:

- Children or adults with Covid19 symptoms (fever or cough) cannot mix with other children.
- Let everybody wash their hands every 30 minutes
- Help children to become aware of not touching others and maintaining distance
- Help children not to touch their own face
- Toys are not passed on and should be thoroughly cleaned before and after games

LEGEND

	ACTIVITY FOR 0-3YO
	ACTIVITY FOR 4-5YO
	ACTIVITY FOR 6-12YO
	ACTIVITY FOR 13-18YO

For babies 

Motor development occurs simply with toys and exercises on the ground:

You can give him hand toys and make simple rhythms against the ground for babies to follow or do it by following a song that the baby likes.

Crawling next to him so that he begins to develop his movements with his legs, direction and orientation.

Take him gently by the arms and guide him along the ground so that he can get used to the sensation of walking.

You can also spread various objects along the floor so that you crawl until you reach them.

The Mirror: From the moment the baby begins to fix his gaze (from approximately 3 months), you can show him a mirror so that it can be discovered. At first, you may not understand very well who this baby is in front of you, but when you see that he moves at the same time that he does, he will begin to connect ideas and realize that he is himself. A great exercise for the brain and coordination of movements.

Dance: Dancing with the newborn is very beneficial for him. You enhance your sense of rhythm and improve your mood. Dance with the baby, and when he starts walking, encourage him to do so.

Games with cardboard boxes: A great game is creating baby toys from cardboard boxes that you no longer need. A simple box can be a fabulous car for him. Power up your imagination with this fun game.

The manteo: If the baby can walk and has more strength in the arms, he will love this game. With a blanket, you and he can play to hold (cover) dolls. It is a very fun game and is used to develop eye-hand coordination.

Paper war: Using a newspaper or magazine, use the sheets to make small balls of paper. Use some chairs as trenches. Each one will have a number of paper balls, which will be the ammunition. At three, you and the baby start throwing paper balls. With this game you will be improving your visual tracking and distance calculation. The baby will also have to coordinate the movement to direct his projectile and correctly dose the force of the arms.

Gesture presentation 

The participants will be standing in a circle, so each one will consecutively say their name and make a gesture, when they have all finished, they will say name by name and everyone will make the gesture.

If I were ... 

A participant is asked to think of a person in the group, the others must guess who it is by asking questions of the type: -If I were ... What would it be ?, he / she must answer what most identifies with the person who has thought. The person who is correct thinks another of the group.

The time machine 

The participants sit in a circle, and the animator tells them that they are going to be transported to a historical time that everyone wants, so they will close what s eyes and everyone will think about what time they want to go.

The animator will ask them to open their eyes again, and each one will tell what time they have chosen and why.

Important dates

With this game we can get:

- Exchange important information and feelings
- Promote an environment of trust
- Facilitate the knowledge of group members
- Stimulate the ability to self-open

The animator explains that each player will have to think for a while about their life and select those key events: awareness, encounters, work, failures, successes, rejections, tests, ... Then the sharing will take place.

I recognize your animal

The participants sit in a circle, with one sitting in the center blindfolded. Then the game director points to someone and must make the sound of an animal, if the one in the center guesses which person is the one who made the sound, he passes to the center if he does not continue with another person until he guesses who he is.

Follow the story!

A theme is chosen. One of the group begins a story related to this topic and the others, consecutively, continue it.

It should be done as quickly as possible. The order of intervention is sequential.

The first member of the group has a minute of time to tell their story. Then the next component will continue to tell the story from the point where the previous partner left it. So on until everyone in the group tells their part of the story.



Cooperative tales

The participants are seated in a circle. Each person says a phrase that develops the story, taking into account the one emitted by the previous one.

Magic Box

All players squat down and cover their heads with their arms and hands, tucking their heads between their legs. The animator says "The magic box opens and motorcycles come out of it" (for example). Then everyone should imitate the mentioned object. When it says "The box is closed," everyone returns to the starting position.

Storm

It is about getting to imitate the effect of a storm through gestures and movements.

One person acts as conductor of the storm, and stands in the center of the circle.

The conductor directs a person and rubs his hands. This imitates him, and the director goes around the circle until everyone is rubbing their hands. He starts again with the first person, instructing him to snap his fingers (while the others continue to rub their hands together). Turn all over again, until everyone has stopped rubbing their hands together, and are snapping their fingers. Then, one by one, they clap their hands on the thighs, and on the next round they clap their hands on their thighs while trampling on the ground (the zenith of the storm). Then the intensity of the storm is lowered, taking the same steps in the opposite direction. Variants that think about the development and strength of the storm can be introduced.

The world upside down

It consists of doing the opposite of what is said, being eliminated the one that makes a mistake or takes longer to react.

For example: running / standing, sitting / standing, laughing / crying, arms crossed / arms crossed, keeping quiet / talking, etc.

Animated stories

Participants sit in a circle. The animator assigns the participants a word, and says a general one; the animator tells the story and when he says a word that he has assigned, those who have that word will get up and take a walk around themselves and sit down again, when the general word is said they will all do it.

Whoever makes a mistake, loses a point, pays a garment or goes to the center to tell the story.

Abracadabra

One of the participants will act as a magician. The game begins by placing around twenty small objects on the table. The participants watch them for two minutes, turn around and pronounce the phrase: "Abracadabra. Disappears." The magician has to delete one of the objects. Whoever first realizes what has disappeared wins.

Imaginary Ball

The participants are placed in a circle, the entertainer throws the imaginary ball to one of the participants, who will have to do something with it (bounce with the right, left hand, throw it into the air and pick it up, keep it balanced on the head, walk with her body, give us a massage, ...). All participants imitate this action. The participant passes this ball to the next partner and we continue the game until everyone passes.

The Magician's Game

With this game, the boy or girl will be able to communicate and express themselves with their body movements, thus working on their capacity for body expression.

The first thing you need is a ball that simulates a magic crystal ball. The magician (adult in this case) will carry the "crystal ball" while the boys and girls will be behind an imaginary line. The magician will convert with his powers and his crystal ball to the children in the animals that he decides and they will have to get out of the imaginary line imitating the animal.

This game also helps to develop the child's imagination, since it has to be put in the skin of the animal that it has been called on to imitate and it will help to release tension.

Chained Words

With this word game, the boy or girl will be able to expand their vocabulary while learning to differentiate syllables from different words.

The traditional game of chained words is based on saying a word that the child can understand, and chaining with another that begins with the last syllable of the word that has been said, that is to say; if we say "lamppost", the next chained word we can say is "lake", and so on.

If we put a little more difficulty in the game, such as establishing a maximum response time to say the next chained word, the boy or girl will be able to develop their reaction speed.

Giant Dwarf

While standing, form a circle. If the group hears the word dwarf, they must bend or bend and stay that way until they again hear the leader say dwarf or giant. If you were in the giant position and the leader again says giant, you stay like this, that is, the sequence of words will not always be imaginable.

Pause – play

In groups of three or four children, small theater performances of one or two minutes are organized, at most. The scenes can be from everyday life or from any movie or cartoon series. Then, in order, each group will act out their scene to the others. In order, viewers will say "pause" and "play" to stop and reproduce "the image" of what they are seeing on TV connected to the video. Pauses can last about three seconds and scenes will always be in slow motion to help pauses and make it more fun.

The little boxes

When the monitor says: "Boxes!"; all will bend down pretending to be little boxes. Then the monitor will say: - "Inside the little boxes there are ... (anything, for example some lions)". All the children will imitate the lions until they receive new instructions to become little boxes. It can be done with sounds or quiet; with static or moving figures.

Waiters race 

Take a book, put two or three soft objects on it, such as a wax or a stuffed toy, and see who can run from one part of the house to another without falling.

Follow the king 

Here the idea is to quickly imitate the one who at that moment has the role of king. If you decide to walk around the house, climb into a chair, or crawl, the others will have to use all their wits and reflexes to do the same.

Stay on one leg 

What more games at home can we do to strengthen joints and balance? Well, something as simple as holding onto one leg. To make it more interesting for children, propose it as a challenge, let's see who can take it longer! A little trick to keep your balance better: always look at the same thing in front of you.

Walk on a marked line on the ground 

Let's see how balance and reflexes are great and small. Make a fine line on the floor of the house and try to walk on it without leaving and without holding anything. This is an activity that you can also do away from home.

Backhand game 

The monitor is singing orders that the children have to interpret backwards. Children who do not change the action, who do not do it backwards, are eliminated. The last to be

eliminated win. The older the students, the more complicated the orders can be. It is ideal after a very busy session to calm the group down again and they also love it.

I went to market 


At first glance, the following might seem like a simple memory game, but it's much more than that. It is about making mental and mnemonic associations to think about things that probably only you remember. The ideal group should have between 2 and 5 participants.

The first one begins a sentence, "When I went to the market I bought one ...". Suppose you complete the sentence with "magazine."

The next person repeats the phrase the first said and adds something to it. "When I went to the market I bought a magazine and a bottle."

The same with the following participants.

The one who makes a mistake is eliminated and the last one who remains becomes the winner.

Twenty one 

This is a memory game in which numbers are replaced by words. The important thing is not to lose speed.

The group forms a circle and begins to count, one number per person.

The person saying the number also decides which (other) number is going to become a sound or a word. For example, "the person who gets the number 7 or a number that contains the 7 should say PUM, or HORSE, or whatever else."

It can be played by substituting multiple numbers.

Two truths and one lie 

A game that invites you to know yourself better, each participant says three things about himself, two that are true and one that is not.

The rest of the participants guess which are true and which are not.

Every time you hit, you earn a point.

The mirror 

It must be done slowly at first so that our partner can imitate us. Try to make the movements as equal as possible. In pairs, from Sitting position one directs and the other acts as a mirror, first at the facial level, then also with the trunk and arms. Then from standing with the whole body.

Accentuate the positive 

This exercise tries to change that attitude by having teams of two people share some personal qualities with each other. In this exercise, each person gives their partner the answer to one, two, or the following three suggested dimensions: Two physical attributes that I like about myself. Two personality qualities that please me about myself. A capacity or skill that I like about myself. II. Explain that each comment must be positive. Negative comments are not allowed. (Since most people have not experienced this positive encounter, they may need a slight push from you to start the exercise.)

Get up and sit down! 

The coordinator begins by telling any made-up story. when in the story the word "who" says everyone should get up, and when he says the word "no", everyone should sit down. The coordinator can start the story and point any participant to continue it, and so on. The one who tells the story, must do it quickly to give agility; if you don't, you also lose.

This reminds me 

This dynamic consists of a participant remembering something aloud. The rest of the participants express what each of them does, that makes them remember spontaneously. Example: "I thought of a chicken", another "that reminds me ... eggs" etc. -It must be done quickly. If it takes more than 4 seconds, quit the game.

Cow tail 

Sitting in a circle, the coordinator stays in the center and begins by asking any of the participants a question. The answer should always be "cow's tail". Everyone in the group can laugh, except the one who is responding. If he laughs, he goes to the center.