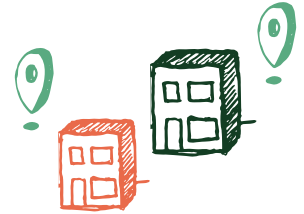


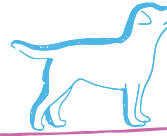


KICK THE CAN

Can you kick the can?



HOW TO PLAY KICK THE CAN



- > Start by choosing one person to be IT and a "home base"
To start, this player (IT) gets to kick the can as far as he/she can
- > can
The other players scatter to find hiding places as the can rolls
- > IT then chases after the can and brings it back to home base
IT then counts to 50 with his/her eyes closed
When IT opens them, IT starts searching for the other kids
- > When IT finds a hider, IT calls out this player's name
If the hider can kick over the can before IT does, they are safe
- > If IT makes it to the can first, the player whose name IT calls out is captured and must wait in the jail (next to the can)
The player/s in jail are not doomed just yet, another player can risk capture to save them!

SUITABLE FOR: All ages

TAKES: 20-40 minutes



YOU WILL NEED:

- > Comfortable shoes
- > Warm clothing if the weather is a little colder than usual
- > A can

SAFETY...

Be sure to find a suitable and safe place to play like your street, garden or local park!



REMEMBER

If another player can kick over the can and call out "Home FREE" without getting captured by IT, the jailbirds are free to run and hide from IT again!



Why not try?

- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #Bringbackoutdoorplay

