



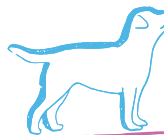
TAG

Go for it!



HOW TO PLAY

TAG



- > Choose the playing area. Its good to choose somewhere where the "not-it" players can't run too far away, like a small park.
- > The smaller the space, the harder it will be to avoid the person who is "it."
- > Pick a place that is easy to run on, and wont hurt if you fall – grass is good!
- > Decide who is "it." This person will chase the other players, trying to tag them with their hand.
- > Then, the tagged person becomes "it," and the original "it" person runs away to avoid being tagged.

SUITABLE FOR: All ages

TAKES: 20-40 minutes



YOU WILL NEED:

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

SAFETY...

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



REMEMBER

This is a group activity - so the more people who play the better!

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



For more fun activities visit:

**JOINUSMOVEPLAY.ORG/
JUMP-OUTDOORS/**