

play  
day

GAME

# CAPTURE THE FLAG



Play  
matters

Increases in structured play (little league, swimming lessons, etc) and programming have led to a decline in children's free playtime by 25% between 1981 and 1997.

Take  
action

Help kids learn how to negotiate rules and resolve disputes by encouraging unstructured play.

## INSTRUCTIONS:

**Number of Participants:**  
10+ people

**Materials:**  
2 flags, 8 cones to set up the jail, and something to separate the teams with

**Steps:**  
Split the children up in to two teams and provide them with an equal amount of space on each side of the playing area.

Give teams five minutes to hide their flag on their side of the playing area.

As one team is hiding their flag, make sure the other team cannot watch them (e.g. front & back yards, opposite sides of the school, inside vs. outside).

Optional: During this period team can send out spies to see where the flag was hidden as well as look-outs to catch the spies.

When the flag is hidden, call out that the team is finished.

Have the children line up, and say "Go!" to start the game, allowing them to search for the other team's flag.

If a child is caught and tagged by an opponent on their territory, the child must go to jail and can only be freed by a teammate who tags them.

The first team to capture the flag and bring it back to their side wins!

