

play  
day

GAME

# RED ROVER



## INSTRUCTIONS:

**Number of Participants:**  
Unlimited!

**Materials:**  
None!

### Steps:

Split up into two teams of equal size and line up, holding hands with your teammates and face the other team.

One side starts by choosing someone on the other team (who we'll call Jessica) and saying, "Red rover, red rover, let Jessica come over!"

Then Jessica lets go of her teammates' hands and sprints toward the other line, and tries to break through between two people on the opposing team, where they are holding hands, by getting them to let go.

If she gets through, she chooses one child from that team to join her team, and they both go back and join Jessica's line. If she doesn't make it through, she becomes a member of the other team.

Each team takes turns calling over a member of the other team until one line has all the players.



Play  
matters

Kids who play regularly are better able to develop and sustain friendships, to cooperate, to lead, and to follow.

Take  
action

Check out the Improvement Projects to see what you can do to make sure your kids have a great place to play these classic games.