

TRADITIONAL PARTY GAMES

3 years and under - choose 2-3 games, plus parachute games.

4 years - choose 3-4 games, plus parachute games.

5, 6, 7 years and over - choose 3-4 games, plus obstacle races over the soft play, plus parachute games.

1. Pass the parcel (you provide parcel) (suitable for all ages)

2. Hokey Cokey (suitable for all ages)

Self - explanatory

3. Games with Elastic (Row your boat, ring a ring a roses) (suitable for all ages)

4. Here we go round the mulberry bush (suitable for all ages)

Children join hands and skip round to the first verse.

"Here we go round the mulberry bush, mulberry bush, mulberry bush, here we go round the mulberry bush, on a cold and frosty morning"

Then suit action to words, verses 2-5, then repeat verse one skipping round.

Verse 2: This is the way we wash our hands, wash our hands, wash our hands, this is the way we wash our hands on a cold and frosty morning.

Verse 3: This is the way we dry our hands etc.

Verse 4: This is the way we clap our hands etc.

Verse 5: This is the way we warm our hands etc.

Verse 6: Here we go round the mulberry bush etc.

5. Ring a Ring O' Roses (suitable for all ages)

Form a circle and dance round singing,

"Ring a ring a roses a pocket full of posy's, atishoo, atishoo, we all fall down"

The last child down is out.

6. Marshmallows and sweets in icing sugar (recommended for 4 years and over)

Self-explanatory the kids must use mouths only to dig the out the sweeties.

7. The Farmers in his den. (Recommended for 4 years and over)

Children form a circle, and walk round, one child in the centre, who is the farmer and sing:

Verse 1: The farmers in his den, the farmers in his den, eeh, eye, adio, the farmers in his den.

Verse 2: The farmer wants a wife etc.

Verse 3: The farmer wants a child etc.

Verse 4: The child wants a nurse etc.

Verse 5: The nurse wants a dog etc.

Verse 6: We all stroke the dog etc.

8. Kangaroo Racing (recommended for 4 years and over)

Line up at the line with a balloon between the knees and on the word "go" they must hop to the other end, being careful not to drop the balloons. Any player who drops the balloon must catch it and start again from where they dropped it. The winner is the first to the end.

9. Duck, Duck, goose (recommended for 4 years and over)

The kids sit on the floor in a circle, one child starts by walking round the outside of the circle tapping everyone on the head saying duck, duck, duck then the child they want to chase them get a tap on the head when they say goose. Then that person is the one who chooses

10. Hoop to hoop (recommended for 4 years and over)

The kids walk in and out of the hoops when the music stops the kids then sit in the colour hoop they are stood in whilst you say a colour whoever is in that colour is out

11. Musical bumps (recommended for 4 years and over)

Place cushions on the floor, children dance around, when music stops each child has to find a cushion and bump down onto it. The one left standing is out. Take away a cushion each time the music stops. When only two or three players are left, tell them to dance round two helpers to give each player more space. The last one left is the winner.

12. What's the time Mr Wolf (recommended for 4 years and over)

Children stand in a line and ask the wolf what time it is. The wolf then says a time and the children take that number of steps towards the wolf. Once the children are close to the wolf he says it is dinnertime and everyone runs back to the beginning. The wolf catches one child who is then the wolf.

13. The Bunny hop (recommended for 5 years and over)

Tell children that you would like them to pretend they are rabbits show them how to hop like a rabbit, by squatting down and putting their hands on the floor between their knees. While the music is playing they must hop round the room, but as soon as it stops they must be still. You are out if you fall over, if after a few rounds, a lot are left, the prize is given to all who are left.

14. Grandmothers Footsteps (recommended for 5 years and over)

Grandmother stands at one end of the room with his or her back to the children. These form a line at the other end of the room. They must then creep up on grandmother before she turns round. If she spins around and sees a player moving that player must start again. The one to touch grandmother without being seen wins.

15. Simon says (recommended for 5 years and over)

Children form lines in front of Simon. They must obey all his commands when he says, "Simon or O'Grady says" If they obey a command without Simon saying, they are out, or as an alternative they may pay a forfeit i.e. sing a song.

16. Musical Statues (recommended for 4 years and over)

Have music for the children to dance to, when the music stops they must take up a position you tell them, i.e. a soldier, jockey, tennis player, ballet dancer. Singer, trumpet player, golfer, diver, runner. Anyone seen to wobble or laugh is out.

17. Balloon Knees (recommended for 5 years and over)

Divide into teams. Give each a round balloon, this is placed between their knees and on the word "go" the children walk as fast as they can to the finish line, without dropping the balloon. On reaching the finish line the leader picks up the balloon and runs back to the next member. The winning team is the one whose leader returns to the top of the line first.

18. Chin Chin (recommended for 5 years and over)

Divide into teams, the leader is given an apple or orange to place under the chin, at the command "go" the orange must be passed to the next member of the team without using hands, pass from chin to chin. If the orange drops to the floor, the child passing must pick it up and try again.

19. Birds Fly (recommended for 5 years and over)

Sit all children on the floor with both hands on the ground. Their hands must stay on the floor unless the leader mentions a creature that flies. They must then raise both hands in the air. The leader may say "Eagles fly" and all arms would shoot into the air, but if the leader says, "Elephants fly" any arms that are raised the child is out.

20. Balloon Hockey (recommended for 5 years and over)

Form 2 teams, line up at one end, place 2 chairs at the other to go round. Give a soft hockey stick to each leader and 2 balloons on the floor in front. At the word "go" they must sweep the balloons to the end round the chair and back the whole team has to do this.

21. Relay races. (Over mini-gym equipment) (Recommended for 5 years and over)

Self-explanatory

22. Beans (action game) (recommended for 5 years and over)

The kids do the actions depending on what bean you shout out/French, runner, string, chocolate, bread, baked, mixed bean salad, jelly.

PARACHUTE GAMES

23. Up and down (suitable for all ages)

The children stand around the parachute, holding it at waist height. On your command, they raise the parachute to head height and hold it there until you tell them to lower it again. You can also tell them to lower it from the starting position until it is at knee level. The children must listen to your commands of 'Raise' or 'Lower' and respond appropriately. To keep them alert, try varying the pace at which you give the commands.

24. All children under the parachute (suitable for all ages)

Self - explanatory-

25. Row the boat (suitable for all ages)

The children sit cross-legged around the edge of the parachute. They grasp the parachute in both hands and gently pull it back and forth to represent rowing a boat.

They try to set up a rhythmic movement and sing:

Row, row, row the boat, gently down the stream. Merrily, merrily, merrily, merrily,
life is but a dream.

26. Pop Corn (suitable for all ages)

Place all the balls on the parachute and get every child to choose a colour. Pop all the balls off of the parachute; the child who chose the colour, which is last to be popped off, is the winner.

27. Big Top (suitable for all ages)

When the parachute goes up get everyone to take a step in and sit on the parachute to make a big tent. Get the birthday child to stand in the middle to act as the tent post and sing happy birthday. Then sing another song dependant on the ages of the children.

28. Frog in the middle (recommended for children 4 and above)

The parachute is spread out on the floor to represent a lily pad. The children kneel around the edge. One child is chosen to be the frog and sit in the middle. The children all chant:

Froggy, froggy, we're lonely and sad, Can we come and share your pad?

The frog responds with 'only if you...' naming a category. These could include, for example, have a V in your name, have a pet cat, have a birthday in March, have an older brother, live in a particular road, or have a red car. All the children who fit into the category are allowed to move one knee forward. The game continues until one child reaches and touches the crouching frog. That child becomes the frog and the game begins again.

29. Don't get caught (recommended for children 4 and above)

When the parachute goes up you shout out a colour and if the child has that colour on their clothes they must run into the middle of the parachute and back to their place before the parachute catches them. - other options such as if you are a girl or if you have short hair.

30. Cat and mouse (recommended for children 4 and above):

The children stand around the parachute, holding it at waist height. A child is chosen to be the mouse and goes underneath the parachute. A cat is also chosen; they go on top of the parachute. The cat tries to catch the mouse, but the other children make the parachute billow and ripple to disguise the mouse's whereabouts. If the cat has difficulty in locating the mouse, after a while the children can briefly lower the parachute to show the outline of the child underneath. You can also play this game with several cats and mice.

31. Shake a score (recommended for children 4 and above):

The children are divided into two teams, A and B. The parachute is divided into two halves by drawing or attaching a line across the diameter. One half is Team A's territory; the other half is Team B's. The children stand, holding the parachute at waist height. The ball is placed in the middle. Team A has to try to shake the ball off over Team B's side and vice versa. Each time a team succeeds, they score a goal and the ball is returned to the center.

32. Pass the parachute along (recommended for 5 years and over)

The children stand around the parachute and hold it at waist height. They pull the parachute tight and, keeping a steady rhythm, pass it to their right so that it travels in an anti-clockwise direction around the circle. You can tell the children to move it slowly at first, then speed up the pace. Ask the children to stop and change direction, passing the parachute clockwise around the circle.

33. Bucket ball (recommended for 5 years and over)

The children sit around the parachute, holding it taut. Place the bucket next to one child. Place a tennis ball on the parachute and ask the children to manoeuvre it into the bucket. Continue until all the balls are in the bucket.