## Simple Activities for Children and Adolescents

d.) What is your favorite food?e.) What is your favorite book?

their own set of questions to ask.

Each person has to answer them. Once the first set of five questions are answered, let each individual come up with



## Activities that require limited supplies for daytime or lighted areas

	Crumble up a wad of paper and play a ball game (basketball, baseball, blowing the ball across a table into a "goal").
	Play marbles. If no marbles are available, use rocks or pebbles (draw a circle and see who can knock the rocks out of the circle).
	Play "Hang-man." Make up a word in your mind. Draw the number of lines that correspond to the letters in that word. Draw an upside down L. If you would like you could give them a hint such as "animal, vegetable, or mineral. The other players guess a letter and if it's correct, you put it in the correct blank. If it's incorrect you put a head on the upside down L. Draw another body part for each subsequent wrong guess. The object is to guess the word before you complete the body. Whoever wins gets to pick a word next.
	Make paper airplanes, origami, or paper boats.
	Trace a child's hand or draw a random shape, and see what animals they can make out of it.
	Write letters to friends or family.
	Play "Tic Tac Toe." Make a three by three grid on a piece of paper. One person is "X" and one is "O." The player who succeeds in placing three respective marks in a horizontal, vertical, or diagonal row wins the game.
	Play "Hidden Words." Have everyone agree on a key word, which must be at least seven letters long. Then, players try to find as many smaller words as possible within the key word, by rearranging letters or keeping them in the same order. For instance, "kitchen" would have the hidden words "it," "itch," "kit," and "etch" in it.
	Play "Find a word." Make a grid of random letters interspersed with horizontal, vertical, and diagonal words and have the child circle the words when they find them.
_	Play "Five questions." Write down five questions such as: a.) What is your favorite color? b.) What is (or was) your favorite subject in school? c.) What is your favorite song?

Play Tic Tac Toe

## Simple Activities for Children and Adolescents



Play "House or Tower of Cards / Blocks / Coins." Using a deck of cards, blocks, or coins choose a flat surface and each person builds a house or tower. Whichever house or tower falls down first loses the game.
 Play "Funny Fashion Show" and other dress up games.
Play card games, board games, or dominoes.
Play musical instruments.
Perform simple magic tricks.
Have a treasure hunt where you write down clues on slips of paper that lead children to a "treasure."
Have a scavenger hunt where you make a list and have children compete to collect the most items.
Have an impromptu "camp out" using sheets and blankets to make tents over furniture.
Play "Guess the Object." Select an object and hand it to a child under a cloth, or with his/her eyes blindfolded or closed. He/she feels the object with his/her hands to determine what she's holding. When the child guesses correctly offer another object to guess. If he/she has difficulty, give clues or ask what he/she feels and help him/her figure out what the object could be.
Play "Guess the Person." Give one word to describe a family member or friend. Allow the child to guess who it is. If the child guesses wrong, provide another word to describe the person and then allow another guess. Continue this process until the child guesses the person correctly. Play again but switch roles, have the child provide clues and you guess.
Play battery-powered games.

