An excerpt from Worry Rhymes for School Times:

"There are adults in the playground to talk to if I am sad
Sharing my worries with others can make me feel glad
I can think of games I like, and show other girls and boys
As long as we are safe and not making too much noise"

Playground Games (with Social Distancing)

Break-time and lunch-time are most fun when you have some favourite games to play.

When thinking of games to play there are some important things to think about:

- Is it fun?
- Is it safe?
- How many people can play?
- How do you make sure everybody can get a chance to play if they want to?

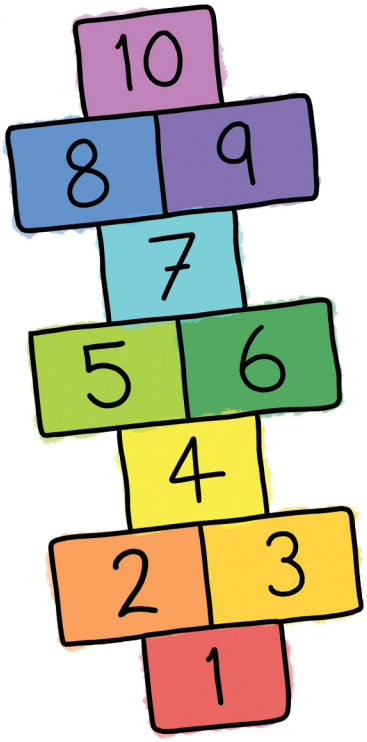
Here are some you can try at school!

Simon Says (www.icebreakerideas.com)

One player is Simon and yells out commands, prefacing them with "Simon says", such as hop on one foot, sit down, crawl, etc. Anyone who does not do what Simon says is out. Simon sometimes gives a command without saying "Simon says." Anyone who obeys one of these commands is out.

Hopscotch (www.icebreakerideas.com)

Create the game's course by drawing squares with chalk on a concrete surface. Begin with three vertical squares numbered 1, 2, and 3. Next draw two horizontal squares and number them 4 and 5. Continue with 1 vertical square (6), two horizontal squares (7 and 8), and a vertical square (9). End with a slightly larger square and number it "10."



Each player takes a turn throwing a small object (as a kid this writer used a pebble) to land on the first square. If the toss lands outside the square or touches the border, play passes to the next person in line. The goal is to jump through the course, jumping on one foot on the vertical squares and two feet on the horizontal squares. If a player misses a jump or jumps on the border, they lose their turn. Each time you jump the course, you move your marker to the next numbered square. The tenth square is where you turn around to come back.

On the way back, the player picks up their marker by stopping on the square just before the square the marker is on. Once the marker is picked up, the player jumps over that square and continues back to where they started. They hand the marker to the next player who takes their turn. The first person to successfully complete the course is the winner.