

Objective

By the end of this lesson, Rylee will understand the basic rules of tag and improve her running, dodging, and social interaction skills while having fun playing with friends or family.

Materials and Prep

- No materials needed, just a safe open space to run and play.
- Ensure the play area is free from obstacles or hazards.
- Gather any family members or friends who would like to join in the game.

Activities

- **Freeze Tag:**

In this version of tag, when someone is tagged, they must freeze in place until another player touches them to set them free. This encourages teamwork and communication!

- **Shadow Tag:**

Instead of tagging the person, players try to step on each other's shadows. This adds a fun twist and helps Rylee practice her agility and awareness of her surroundings.

- **Animal Tag:**

Players can choose an animal to imitate while playing tag. For example, if someone is a rabbit, they must hop instead of running. This makes the game more imaginative and fun!

Talking Points

- "Tag is a fun game where you run and try to touch someone without getting caught!"
- "When you are tagged, you can freeze until a friend helps you get back in the game!"
- "In Shadow Tag, we have to look at the ground and try to step on each other's shadows. It's like a treasure hunt!"
- "What animal do you want to be? You can hop like a bunny or crawl like a bear while playing tag!"