GAME TIME:
Exercise Cards

***This game has been modified to be played by a smaller group of 3-5 people

Equipment needed: a deck of cards

How to play: Place a deck of cards in the middle of a space, face down. Designate each card suite as a different exercise. For example:

♠Spades: toe-walk or calf raises

♥Hearts: push ups or planks

♣Clubs: squats or lunges

◆Diamonds: sit ups or frog leaps

The first player runs a lap around the designated playing space, grabs a card off the top of the pile, and brings it back to the group. Once the card is revealed, all the players perform the exercise designated by the suit of cards except for the second player, who runs a lap and grabs a new card (keep alternating runners in the manner). The group must continue the exercise until the runner returns. If the JOKER is drawn, all the players will run a lap together. After a designated amount of time, count how many cards the group has collected. Try and beat the record in the next round!

GAME TIME:
Would You Rather...?

ACTIVE
SOUTHERN WEST VIRGINIA

***This game has been modified to be played by a smaller group of 3-5 people

Equipment needed: none

How to play: Present the group with a series of 'would you rather' questions - players will run to the right from the starting point if they prefer the first option, and run to the left from the starting point if they prefer the second option. Players run back to the middle between each 'would you rather' question. Come up with any creative options you can think of! Here are some to get started:

- Would you rather be very quiet or very loud?
- Would you rather go to mars, or go to the moon?
- Would you rather be a firefighter, or an ambulance driver?
- would you rather be inside all the time, or outside all the time?
- would you rather run a mile, or bike a mile?
- Would you rather eat an apple, or a watermelon?
- Would you rather see sunrise, or sunset?
- Would you rather visit the desert, or the rain forest?
- Would you rather fly a kite, or swing in a swing?
- Would you rather drive a voat, or fly a plane?

- Would you rather be too hot or to cold?
- Would you rather turn into a cat or into a dog?
- Would you rather have super strength or invisibility?
- Would you rather have bright blue hair or bright blue feet?
- Would you rather pet a penguin or an elephant:?
- Would you rather swim fast, or run fast?
- Would you rather have 5 brothers, or 5 sisters?
- Would you rather have smelly feet, or bad breath?
- Would you rather read a book, or watch a movie
- Would you rather have 10 mosquito bites, or one bee sting?

GAME TIME:
Scavenger Hunt

***This game has been modified to be played by a smaller group of 3-5 people

Equipment needed: small items to hide

How to play: Have an adult disperse items throughout the designated (indoor or outdoor) play area.. The bigger the ares, the better. Make a list of the objects players need to retrieve, and share that list with the players. Time how fast the players are able retrieve each object, and have them try to beat that time in the next round!

If you are playing outside and don't want to hide/lose any items, try this modification. Come up with a list of things players need to find within the designated play space. For instance, the list could include such things as '3 pine cones', 7 acorns', 'a yellow flower', 'a flat rock', etc. Think about what is growing/available in your space, and get creative!

If you play this second version in a state or national park, be sure to observe 'Leave No Trace' protocols and have the players photograph the scavenger items with a phone rather than removing them. from the area they are found in

GAME TIME:
Ring of Fire

ACTIVE
SOUTHERN WEST VIRGINIA

***This game has been modified to be played by a smaller group of 3-5 people

Equipment needed: none

How to play: Have players stand so that they can see each other, at least 6 feet apart. Player one will begin doing an exercise (push up, squat, etc). All players will repeat the action together for a designated time frame or number of reps. Next, player two will pick a new exercise, and perform the first exercise followed by their new exercise. All other players will follow their lead, repeating the first exercise and then doing the second. Continue to build on the exercises until all participants have had a chance to add in a move.

Here are some sample exercises with suggested reps to get you started:

- 7 push ups
- 10 jumping jacks
- 10 bunny hops
- 7 frog jumps
- 10 high knees

- 10 butt kicks
- 10 squats
- 30 sec plank
- 10 mountain climbers
- 10 sit ups

- 7 star jumps
- 5 burpees
- 10 lunges
- 15 crunches
- 30 sec jog in place

- 20 arm circles
- 30 sec wall sit
- 5 inch worms
- 30 sec flutter kicks
- 30 sec dance!

GAME TIME:
Exercise Bingo

***This game has been modified to be played by a smaller group of 3-5 people

Equipment needed: ASWV exercise bingo cards

How to play: All players get an Active SWV exercise BINGO sheet. Participants will need something to write with to mark up their Bingo card. Have all players do each exercise as it's called out before marking their sheet. Play until everyone in the group has gotten five in a row! Call out any of the following commands:

- 5 push-ups
- 30-second bunny hops
- 5 sit ups
- 20-second crab walk
- 10 star jumps
- 10 frog leaps
- 30-second wall sit
- 20-second high knees

- 20-second inch worm
- 10 hopscotch
- 20-second toe walk
- 20-second plank
- 10 push ups
- 10 skater hops
- 15-second bear crawl
- 20 jumping jacks

- 10 squats
- 20-second butt kicks
- 20-second twist
- 20-second heel walk
- 30-second skip
- 5 frog leaps
- 30-second arm circles
- 10-second beached whale

Other Fun Activities

There are all sorts of fun activities you can do to be active besides running and playing exercise games! Here are a few suggestions:

- ride your bike
- take a walk in the woods
- fly a kite
- play hopscotch
- wash the car
- play catch
- jump rope
- throw paper airplanes

- work in the garden
- build a leaf fort
- go swimming
- kick a ball around
- climb the stairs
- walk your dog
- dance around
- make an obstacle course