

2020 GO TEAM GAMES



PEOPLE TO PEOPLE

Space Needs: Any space indoors or outdoors.

If playing with your family, encourage proper hand hygiene before and after the game. If playing with members outside your family, make sure to social distance in a well-ventilated space, follow mask guidelines, and take part in hand hygiene before and after the game.

Materials: None required

Objective: Kids learn to work with a partner by moving body parts to create mirror images of each other.

Set-Up: None

Steps:

- Form a big circle with your kids while you stand in the middle. Ask kids to partner off—if there's an odd number, you can join in or have a group of 3.
- Give an instruction for each partner team to stand facing each other while observing social distancing as needed.
- Ask one of the two kids in the pair to start. Instruct the leader to face their partner and begin slowly moving. The other kid facing the leader must mimic the exact movements, almost as if through a mirror. For example, if the leader moves his/her/their right arm up, the child facing him/her/them must move their left arm up.
- Encourage the child following to mimic the movements of the leader in the pair as closely as possible. Try more complicated movements to make the game more fun.
- After a few minutes of this, say "People to People!", which means the two kids should switch roles. The leader becomes the follower and vice versa.
- Encourage partners to switch throughout the game as needed. If you notice the movements become redundant, choose a theme for each round (like dance moves, yoga moves, baseball moves, basketball moves, etc.).

Debrief: Ask these questions to your kids to close out the game.

- What did you enjoy about this game? Which poses were hard to mirror?
- Who feels warmed up? Did you notice your heart rate go up during certain activities? Which activities?