Celebrate Lights On Afterschool by getting kids moving!

Check out the list below for simple activities to do as a way of showcasing how your program supports healthy habits for youth.

1. **Color Jump**
   **Directions:** Using chalk, paper with markers, or multi-colored cones, mark an area with different colors. Call out different colors and have youth jump/hop/leap/skip to that color. When they get there, call out an exercise (jumping jacks, high-knees, arm circles) and have players perform 5 reps of that exercise.

2. **Dance Chain**
   **Directions:** Circle up your youth. Pick someone to start and ask them to do a dance move. The person next to them must mimic that dance move then pick another to add to it. Keep it going until you get all the way around the circle. If someone forgets one of the moves, have everyone do 5 squats together.

3. **Forest**
   **Directions:** You will take your youth on an imaginary adventure where they will have to jump, run, skip, crawl, etc. in place. For example, "As we walk into the forest, there is a branch in the way. Everyone duck to avoid the branch!". Continue walking them through the forest and use different obstacles to trigger different movements: "A Lion - everyone run in place! Oh no, a log, everyone jump over it! We got to a pond, let's skip through it!" etc.

4. **Land, Sea, Air**
   **Directions:** Using tape or chalk, mark a line on the ground and have youth line up on the line. Players must always face forward. When the leader yells "Land", players must place their toes behind the line. When the leader yells "Sea" they must place their feet in front of the line. And when the leader yells "Air", players must jump up in place. If all players can get through 5 commands without a mistake, have them do 5 jumping jacks together. This is a great activity to let youth be the leaders.

5. **Object Tag**
   **Directions:** Have youth stand in a group. The leader will yell out a few objects at a time. The players must touch those objects in the order recited and then return back to the group as quick as they can. For instance: "When I say go, tag a door knob, a shoelace, and something blue. Go!". After each round, choose a new leader.

For more activities, resources, and coach trainings visit [www.coachingcorps.org](http://www.coachingcorps.org)