

How to Play Tails

Number of players: 4+

Recommended Age: 5+ years.

Equipment needed: One sock, bandana or small fabric square to act as a tail for each child. You will also need a clearly designated open space for the children to run around in.



To play:

Each child tucks a 'tail' into the back of their shorts.

The children run around the play space trying to capture the tails of the other players whilst also keeping their own tail safe.

If a child's tail is captured, they perform a pre-agreed fitness activity – e.g. 5 jumping jacks or hop on the spot 5 times. They can then re-join the game, trying to capture a new tail from another player.

Play ends after a specified time period or when one child captures all of the tails.

