

Life Size Board Game

This is a perfect game for the whole family, ages and abilities. Have a fun time with the family not only creating the game but playing together as well.

Equipment Needed:

20 – 30 sheets of paper, (size 8.5x11 or 4.25x5.5)

Crayons or Markers,

Dice (no dice, use small pieces of paper with the numbers 1-6 written on them)

Creating the board game spaces:

Each sheet of paper will represent a 'space' on the life size board game. Each sheet of paper or space can have a different movement or action written on it, or a free space where the participant gets to rest. Let the little ones help by decorating or coloring the spaces

Some suggestions for spaces are:

Exercise: Jumping Jacks, Sit-ups, Push-ups, Squats

Dance moves: like the Chicken Dance or Hokey Pokey or Hand Jive

Martial Arts moves: like kicks and punches

Sports moves like: fishing, canoeing, mountain climbing, touchdown celebration

Game related: move ahead two spaces, move back three spaces, switch spaces with anyone on the board, free space or just a blank space

House or Home related: Get creative here, you can use the stairs in your house as a space by having the person who lands on this space go up and down the stairs. You can have the 'board game' wrap around through different rooms with unique moves relating to each of those rooms.

How to play:

Lay out the spaces in an area but they should circle back to the first space so there is no start or finish. Each player chooses where they want to start on the board by standing next to a space (they should remember what space they are starting from). Once everyone is ready, the leader then rolls the dice. Whatever number is rolled, '*All The Players*' move that number of spaces in a clockwise direction. Once on their new space, they need to perform the action or movement listed. Then the leader rolls the dice again and the game continues until a player is the first one back on their starting square.

Modifier:

For preschool or younger children, place a stuffed animal next to every space that has a movement or action. When they land on that space, they have to perform the movement that animal represents.

No dice? Put small pieces of paper numbered 1 – 6 in a small container and draw out a number.