



Traffic Lights

Instructions

A really simple game that is lots of fun and easy to play over Zoom.

Before playing the game, please ensure your members have enough space around them and are clear what each of the different commands and linked actions mean.

A leader should say one of the commands below, and the group should respond by carrying out the appropriate action. Start with just Green, Amber and Red. You can then go on to add in the other words/actions.

Keep it fast paced by quickly changing from one to another, so members have to do a series of actions in quick succession. The last person to do the action is frozen out and should sit down on their chair. The last person left in the game is the winner, then bring everyone back in and play again!

Commands:

Green > **Fast running on the spot.**

Amber > **Dramatic slow motion walk on the spot.**

Red > **Dramatic freeze on the spot.**



Roundabout > **Spin on the spot** (Can be called multiple times for lots of spinning!)

Bump > **Jump in the air** (Can be called multiple times for lots of jumping)

Lorry! > **Pretend to bang the horn and loudly should 'HONK!'**