



Blob Tag



Equipment Needed:

- ✓ Cones or poly spots

TIP: Don't have the items needed to play? Instead of using cones, you can use other household items, such as cups or toys.

Get Ready!

This game is similar to the game of tag!

Create an activity area using cones or poly spots.

Decide which player will be the "blob" (the chaser).

TIP: The more players involved in the game, the better! Invite your neighbors over to play.

Instructions:

1. The game begins with the "blob" chasing the other players in the activity area.
2. If you are tagged by the blob, you must link arms with them and begin running and chasing other players together.
3. Once the blob has 6 people, it must split in half, making two groups of 3.
4. Keep playing until every player is part of a blob!

TIP: Allow blobs to get even larger (8 or 10 people) before splitting, requiring more teamwork and communication.

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

1. Vigorous intensity activities, such as the running you just did during Blob Tag, are good for your heart! What are some other vigorous activities you can think of?
2. Even light intensity activities can provide health benefits for your body. What are some light intensity activities you do everyday?