

Red Light, Green Light – Game Instruction

Title: Red Light, Green Light

Category: Outdoor

Subcategory: Kids

Players: 3 or more

Time Required: 10–20 Minutes 🚦

Description

Red Light, Green Light is a classic outdoor game that combines listening, observation, and movement. One player (the "traffic light") gives commands while others race to reach the finish line — but only when it's safe to move!

Materials Needed

- Open play space (backyard, park, or field)
 - Start and finish lines marked with cones, rope, or chalk
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How to Play

Setup:

- One player is chosen as the “traffic light” and stands at one end of the field.
- All other players line up at the starting line.

Objective:

Be the first player to reach the “traffic light” without getting caught moving on “Red Light.”

Rules:

- The “traffic light” turns away from the players and yells “Green Light!” — players move forward.
- When “Red Light!” is called, the “traffic light” quickly turns around — all players must freeze.
- Anyone caught moving on “Red Light” goes back to the starting line.
- The first to tag the “traffic light” becomes the new one.

Winning:

The player who successfully tags the “traffic light” wins the round and becomes the next caller.

Tips & Variations

- Add commands like “Yellow Light” (walk slowly) or “Reverse” for extra fun.
- Try nighttime glow-stick versions for added challenge.
- Use music for an alternative way to call “Stop” and “Go.”
- Adjust running space based on age group for safety.