


Tag – Game Instruction

Title: Tag

Category: Outdoor

Subcategory: Kids

Players: 3 or more

Time Required: 10–20 Minutes 

Description

Tag is a high-energy running game where one player chases and tries to "tag" the others. It encourages quick reflexes, agility, and lots of laughter in an open outdoor space.

Materials Needed

- Open space (yard, park, playground)
 - Comfortable running shoes
 - Optional: whistle for start/stop
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How to Play

Setup:

- Select one player to be “It” (the tagger).
- Define a safe play area with clear boundaries.

Objective:

Players must avoid being tagged while the “It” player tries to tag someone else.

Rules:

- “It” counts to 5 while others run.
- Once the game starts, “It” chases and tags another player.
- The tagged player becomes the new “It.”
- No tagging near obstacles or out of bounds.

Winning:

No formal winning – the goal is active fun. You can set timers for rounds or switch roles regularly.

Tips & Variations

- Freeze Tag: Tagged players must freeze in place until another player unfreezes them.
- Shadow Tag: Players tag each other’s shadows.
- Zombie Tag: Tagged players join “It” in tagging others.
- Designate a “safe zone” where players can’t be tagged (but limit how long they can stay).
- Encourage hydration and breaks to stay safe while running.