

Shadow Tag – Game Instruction

Title: Shadow Tag

Category: Outdoor

Subcategory: Kids

Players: 3 or more

Time Required: 15–25 Minutes 🌞

Description

Shadow Tag is a fun twist on the classic tag game where players try to tag each other's shadow instead of their bodies. It's a perfect game for sunny days and encourages kids to be active while paying close attention to their surroundings.

Materials Needed

- Open sunny space (playground, lawn, or yard)
 - No physical props needed
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How to Play

Setup:

- Choose one player to be "It".
- The rest spread out in a sunny open space.

Objective:

Tag another player's shadow with your foot to make them "It".

Rules:

- "It" tries to step on someone's shadow.
- Once a shadow is tagged, the tagged player becomes the new "It".
- No pushing, running into each other, or standing in complete shade.

Winning:

Continue playing for fun or set a time limit and count how many tags each player gets.

Tips & Variations

- Play during early morning or late afternoon when shadows are longer.
- Make it more challenging by restricting players to specific zones.
- Allow hiding in shaded areas for limited seconds.
- Use a timer and rotate "It" every few minutes to keep the game fair.