


Hide and Seek – Game Instruction

Title: Hide and Seek

Category: Outdoor

Subcategory: Kids

Players: 3 or more

Time Required: 15–30 Minutes 

Description

Hide and Seek is a timeless game where one player seeks while the others hide. It's a favorite among children for its blend of suspense, creativity, and playful movement in outdoor spaces.

Materials Needed

- Safe outdoor area with hiding spots (trees, bushes, playgrounds)
 - Optional: whistle or timer
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How to Play

Setup:

- Choose one player to be the seeker.
- Designate clear boundaries for where players can hide.

Objective:

Hiders aim to avoid being found, while the seeker must find all players as quickly as possible.

Rules:

- Seeker closes their eyes and counts to a set number (e.g., 30) aloud.
- Meanwhile, others hide within the defined area.
- After counting, the seeker searches and tags each hidden player.
- The first person found is the next seeker.

Winning:

Last person found wins the round and may become the next seeker.

Tips & Variations

- Play “Sardines”: one player hides and others seek; when they find the hider, they quietly hide with them.
- Add a “base” where players can run to avoid being tagged.
- Use glow sticks for nighttime versions.
- Rotate seekers to ensure everyone gets a turn.