



Special Olympics Arkansas

Fun Activities to do for 50 minutes!

Nature walk – find a nearby trail, or park and have participants listen for different sounds such as birds, airplane, etc.

Indoor bowling – use plastic pins and ball or you can use empty plastic containers. Keep track of how many pins/bottles each person knocks over.

Dance & Freeze – play music and encourage participants to dance, when you turn the music off, participants must stop moving.

Charades – based on the level of your participants, choose an action for them to describe to their group without using any words. Example: someone fishing, flying a kite, driving a car, etc.

Treasure Hunt – this can be done inside or outside. Create a list of items to find. Example: fallen leaf, bird feather, yellow flower, etc.



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Do What I Say- play music with catchy, rhythmic tunes, start with very simple everyday movements walking, running, stretching, twisting, bending, etc. First, just do the movements and have participants follow; later on say, "do what I say" and don't move at all. The participants must listen to your directions. So if you say, "jump up and down," everyone must jump up and down. (just like Simon Says).

Tin Can Alley- set up some empty cans or plastic bottles of various sizes in horizontal row. First place them 5 feet away, then 10 and at increasing distances. You can mark point values on them. Put higher points on smaller objects. Give participants a ball and have them throw or roll the ball toward the cans. The cans do not have to fall over to count. Each turn consists of two tries.

Guided movement- play music. Guide the participants to the following movements: make yourself small like a seed and slowly stretch yourself as if you were growing into a sunflower.

- Grow leaves and stretch in all directions.
- imagine a leaf falling slowly to the ground. Settle down with a sigh.
- be silly and grin, then giggle, and finally laugh uncontrollably
- make other movements.

Charades/Animal Antics- charades can be modified and simplified; utilize simple charades such as brushing hair, driving a car, playing baseball. In Animal Antics, participants mimic animals for others to guess

Red Light, Green Light - Assign one participant as the "police officer" and the others as "car drivers." Instruct the police officer to yell "Green light!" and have the drivers run towards the officer as quickly as possible. Tell the officer to yell "Red light!" as desired, at which point the drivers must stop running and find a silly position to stand in. Tell the officer to "inspect" the drivers to see which ones are still moving. Make any still-moving participants perform a goofy dance or do something else that is fun and silly. This is the "penalty" for moving once "Red light!" is called, as opposed to being called out of the game entirely.