

### **Guidelines for Recreational Games**

1. Games should allow for the physical safety of the participants.
2. Games should be designed to enhance self- esteem and self- confidence. Activities which allow for humiliation of a child or humor at a child's expense have no place in good recreational games.
3. Be sensitive to age group characteristics. The younger the children, the less co- ordination or intellectual ability there will be. Energy levels will be high. Smaller groups and individual activities will be successful.
4. Be prepared. Have materials and equipment ready before the group gathers. Set up game area before the event.
5. Always plan more games than you will need.
6. Waiting for instructions or for turns should be kept to a minimum.
7. Divide instructions into component parts. Explain one part at a time.
8. Walk through or demonstrate the instructions with the children.
9. Know the rules of the games by heart. But keep your resource cards handy.
10. Stand where you can be seen and heard. It is best not to stand in the center of the circle, but as part of the circle itself. Do not shout. Talk in normal tones after you have everyone's attention.
11. Alternate active and quiet games.
12. Plan for and provide smooth transitions from one activity to another.
13. Encourage, but do not force participation.
14. Participate with the children.
15. Be enthusiastic and maintain a sense of humor.
16. End on time.
17. Expect the unexpected! Be flexible and have some alternatives ready!