

Sock Tag



Sock tag is just one of the dozens of versions of tag or chase! It's a lot of fun for a group, requires little equipment, and will really get kids running and moving!

Supplies:

- Several scarves or socks

How to Play:

1. Give each player a scarf, bandanna, or long sock to act as a "tail". Have the kids tuck the "tails" into the back of their waistbands.
2. Start by having players scatter across a playing area. When you shout "Go!" players chase each other, trying to grab their opponents' tails, while protecting their own tails too!
3. Once a kid loses their tail, they must perform a fitness activity (five squats or one quick lap around the playing area), and then they can rejoin the game and try to grab themselves a new tail from another player
4. Play until one player has all the tails or for a predetermined time period