

Shadow Tag

<https://www.weareteachers.com/recess-games>

Directions

A new twist on a classic, shadow tag is the perfect activity to shake up sunny days and get children moving.

Step 1: Set and review boundary area.

Step 2: Briefly explain what a shadow is and show kids how it changes when their body moves to a different angle in the light.

Step 2: Choose a player to take the first chance at being "It".

Step 3: The player who is "It" chases the other players, trying to step on their shadow.

Step 4: If a player has their shadow stepped on, they are now "It".

