

# SPIKE!

## Starcatchers' #WeeInspirations

No-fuss creative ideas to engage little ones at home

# RED, GREEN, STOP, GO

### THE BASIC IDEA

This is a great game for a bus or car journey, or even going for a walk. When you see something red, shout "RED!" and everyone has to freeze, When you see something green, shout "GREEN!" and everyone can move again.

### OVER TO YOU, WEE ONE

Tight spaces like inside the car can make it harder to "go" on "GREEN!", so ask your wee one for examples of how we can move - clapping, finger wiggling, toe pointing etc. Remember: children can often recognise and point to colours before they can say the words, so they can lead the game that way.

### CHEEKY BONUSES

- Colour recognition, practising vocabulary
- Starting to build self regulation and cooperation
- The journey goes faster when you're having fun

### VARIATIONS

- Can different colours mean different things? Maybe yellow means you have to stick your tongues out! See what ideas you can come up with together.
- Does the game work reading a book together? Stop reading every time your wee one points at red, and start again when they point at something green.

### AND REMEMBER...

The part of our brain that helps us with impulse control doesn't fully develop until we're about 25, so don't be surprised if your wee one struggles a bit with playing this game perfectly! Practice, not perfection, is the aim here.