

Simple Evacuation Activities for Children and Adolescents

Activities with no supplies needed

- Tell stories
- Tell exaggerated “stories” of the “old days” to entertain
- Put on mini plays or skits. Have children act out different characters
- Play “**Story Building.**” One person starts the story and then the other(s) add(s) to it during their turn
- Share secrets, most embarrassing moments, wishes, and/or dreams
- Make up different dances or dance to known songs (i.e. the hokie pokie). Have a dance contest
- Play “**Name That Tune.**” One person hums a tune or says a line of a song and the others try to guess what the song is
- Play “**Hide and Seek.**” Designate an area with clear boundaries. Have everyone gather around a landmark, which will be “home base.” Pick a person to be “it.” Whoever that is will close their eyes and count to a designated number while the rest of the players hide. When he/she is finished counting, the person who is “it” call outs, “Ready or not here I come,” then goes to look for and “tag” (gently touch) the hidden players before they get to home base. If the player gets to home base before he/she is touched then they are safe. The first player tagged will be “it” for the next round. If none of the players are tagged then the person is “it” again.
- Play “**Tag**” or some variation. Examples include: **Freeze Tag** (people have been tagged they freeze into position. Others who have not been tagged can unfreeze them by touching the frozen person or by crawling through their legs. The last person to be tagged becomes “it.”), **TV Tag** (the players have to say the name of a specified TV category designated by the person who is “it” in order to be let free. For instance, if the category is cartoons the person has to yell out the name of a cartoon in order to be let free). Finally, **Duck, Duck, Goose** (the players sit in a circle and the person chosen to be “it” begins to walk around outside of the circle touching the top of everyone’s head as they pass by saying the phrase “duck.” The person who is it will choose a player to tag by touching their head and saying the phrase “goose.” This person gets up and chases the person who it it around the circle, trying to tag he/she before they sit in the empty space the “goose” left. If the person makes it to the empty space the goose becomes it).
- Play “**Simon Says.**” One player is designated Simon and the other players do whatever Simon says as long as the phrase “Simon says” comes before the command. If Simon does not say “Simon says” before the command, the players are not supposed to do what they are told. Any player that acts without hearing “Simon says” is out of the game. Commands must be reasonable, safe, and fair (for example, “act like a monkey” or “jump on one foot”). The winner is the last player left.
- Play “**Follow the Leader.**” Players line up and walk behind the leader, copying whatever the leader does.



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- Play “**Mother, May I.**” One player stands far away from the others and is the “Mother” while all of the other players stand in a group. Mother calls the name of each player one after the other and says, “(Insert player name), you may take (insert number) steps.” For example, “John, you may take five steps.” The player she calls must remember to say, “Mother, may I?” Then, the mother either says, “Yes,” or, “No.” If John fails to ask and takes a step without permission or moves prior to Mother’s response, then he goes back to the starting line. The first to reach Mother wins and can then be the Mother. The Mother can also vary the types of steps (i.e., baby steps, big steps, etc).
- Play “**Sound Search.**” Everyone sits still and identifies as many different sounds as possible.
- Play “**Red Rover.**” Separate everyone into two equal teams. Have each team stand in a straight line, holding hands. The two teams should be facing each other, about ten yards apart. Team A decides who to “call over” from Team B. Once Team A has decided, they sing, “Red Rover, Red Rover, we call (name) over!” The player from Team B who was called must run to Team A and try to break through the arms of two Team A players. If the player from Team B doesn’t pass through, they are a part of Team A now. But if they pass through, they go back to their original team, Team B. Continue playing until one team only has two people. Once one of those people gets put on the other team, the game is over. The larger team wins.
- Play “**Wheelbarrow Races.**” Partner up and have teams of two line up at a starting line. One partner faces the finish line, bends over, and places his/her hands on the ground. The other player stands behind his/her partner, reaches down, and grabs the partner’s legs, placing the legs around his/her waist and holding on to them. At a signal to start, the teams “walk” to the finish line this way, with the first player walking on his/her hands and the second player following behind holding up the legs. Whichever team reaches the finish line first wins.
- Play “**Marco Polo**” on land. One player is “it,” and is blindfolded and spun around a couple of times. The player who is “it” can count from 20 to 100, depending on the space, to give the other players time to move away and hide. The other players have to stop where they are when the person who is “it” stops counting. The other players must stay in their same position until the end of the game. The player who is it yells out “Marco” and the other players have to respond “Polo” to the call. The player who is “it” uses these responses to find the other players in the game. As the other players are tagged, they are eliminated from the game. Players who are in the game must stay in their same spot, but they may move their upper bodies to avoid being tagged by the player who is “it.” Players can disguise their voice when they say “Polo” so the player who is “it” can’t find them. The winner is the last person standing who has not been tagged. The game can be extended by allowing players to move at intervals throughout the game so the play who is “it” will be even more stumped as to their location. Another variation involves eliminating the verbal clues, and the player who is “it” must find the players by feeling around for them.



Simple Evacuation Activities for Children and Adolescents

- Play “**Charades.**” One person (or team) acts out a movie, book, or TV show using only body language, and the others try to guess what they are acting out.
- Play “**Encore.**” Assign common words to two teams who take turns trying to think of a song that contains each word. Each team must be able to sing at least eight words of the song in order for the entry to count.
- Play “**20 guesses.**” Think of any noun, cartoon character, singer, movie, television, or sports star. Then have the others take turns guessing. Answer the guesses with only a yes, no or sometimes/usually/rarely response. When the 20 guesses are up, you have to say what or who it was. If someone guessed it they get to do it next, if not the player goes again.
- Play “**Rock, Paper, Scissors.**” Two people move their fists up and down three times while saying together “rock, paper, scissors.” On the fourth downward motion, each person chooses one gesture:
 - Rock - a closed fist
 - Paper - a flat, open hand
 - Scissors - index and middle fingers extendedDetermine who is the winner: Rock smashes scissors, scissors cut paper, and paper covers rock.
- Exercise – walk, tumbling, dance, yoga, stretches
- Go outside and point out the different star constellations.
- Play guessing games (i.e., “I’m thinking of something you can ride in,” “**I Spy.**” Someone says, “I spy something (of a certain color, shape, texture)” and the others have to guess the item’s identity).



Simple Evacuation Activities for Children and Adolescents

Activities to do in the car



- ___ Tell stories
- ___ Tell exaggerated “stories” of the “old days” to entertain
- ___ Play “**Story Building.**” One person starts the story and then the other(s) add(s) to it during their turn
- ___ Share secrets, most embarrassing moments, wishes, and/or dreams
- ___ Play “**Name That Tune.**” One person hums a tune or says a line of a song and the others try to guess what the song is
- ___ Play the “**Alphabet Game.**” Try to find all of the letters of the alphabet (in order) on roads signs and billboards. Letters can come from any sign as long as they are outside of the car. Letters must be the first letter of a word. For example, a sign for “Al’s Tire Shop” gets you an “A” from “Al,” and a sign for “Brooklyn, New York” gets you a “B” for “Brooklyn.” First person to call out a letter on a sign gets credit for that letter and the first player to get all the way through the alphabet to “Z” wins.
- ___ Play the “**License Plate Game.**” Have a list or map of the 50 states and mark off the states of license plates that you see or just write down the name of all the different license plates that you see. First person to see and call out the name of a state on a license plate gets to put that state on his or her list. Winner is the person who gets all states first or gets the most states in a certain amount of time.
- ___ Play the “**Count the...**” Take turns picking an object to count (cows, Volkswagen beetle cars, motorcycles, etc.). First person to see the object gets to count it. The person who counts the most of the object in a certain time, wins. Or everyone can work together to count an object.
- ___ Play “**Encore.**” Assign common words to two teams or players who take turns trying to think of a song that contains each word. Each team or player must be able to sing at least eight words of the song in order for the entry to count.
- ___ Play “**20 Guesses.**” Think of any noun, cartoon character, singer, movie, television, or sports star. Then have the others take turns guessing what you thought of. Answer the guesses with only a yes, no or sometimes/usually/rarely. When the 20 guesses are up, for the group you have to say what or who it was. If someone guessed it they get to do it next, if not the player goes again.
- ___ Play **Guessing Games** (i.e., “I’m thinking of something you can ride in,” or “**I Spy.**” Someone says, “I spy something (of a certain color, shape, texture)” and the others have to guess the item’s identity).

Simple Evacuation Activities for Children and Adolescents

Activities that require limited supplies for daytime or lighted areas

- Crumble up a wad of paper and play a ball game (basketball, baseball, blowing the ball across a table into a “goal”).
- Play marbles. If no marbles are available, use rocks or pebbles (draw a circle and see who can knock the rocks out of the circle).
- Play “**Hang-man.**” Make up a word in your mind. Draw the number of lines that correspond to the letters in that word. Draw an upside down L. If you would like you could give them a hint such as “animal, vegetable, or mineral. The other players guess a letter and if it's correct, you put it in the correct blank. If it's incorrect you put a head on the upside down L. Draw another body part for each subsequent wrong guess. The object is to guess the word before you complete the body. Whoever wins gets to pick a word next.
- Make paper airplanes, origami, or paper boats.
- Trace a child's hand or draw a random shape, and see what animals they can make out of it.
- Write letters to friends or family.
- Play “**Tic Tac Toe.**” Make a three by three grid on a piece of paper. One person is “X” and one is “O.” The player who succeeds in placing three respective marks in a horizontal, vertical, or diagonal row wins the game.
- Play “**Hidden Words.**” Have everyone agree on a key word, which must be at least seven letters long. Then, players try to find as many smaller words as possible within the key word, by rearranging letters or keeping them in the same order. For instance, “kitchen” would have the hidden words “it,” “itch,” “kit,” and “etch” in it.
- Play “**Find a word.**” Make a grid of random letters interspersed with horizontal, vertical, and diagonal words and have the child circle the words when they find them.
- Play “**Five questions.**” Write down five questions such as:
 - a.) What is your favorite color?
 - b.) What is (or was) your favorite subject in school?
 - c.) What is your favorite song?
 - d.) What is your favorite food?
 - e.) What is your favorite book?Each person has to answer them. Once the first set of five questions are answered, let each individual come up with their own set of questions to ask.



play Tic Tac Toe

Simple Evacuation Activities for Children and Adolescents

- ___ Play **"House or Tower of Cards / Blocks / Coins."** Using a deck of cards, blocks, or coins choose a flat surface and each person builds a house or tower. Whichever house or tower falls down first loses the game.
- ___ Play **"Funny Fashion Show"** and other dress up games.
- ___ Play card games, board games, or dominoes.
- ___ Play musical instruments.
- ___ Perform simple magic tricks.
- ___ Play **"Tug of War."** Find a level, grassy area to play on, and make a "center line" on the ground. Mark a long rope at the center and make two more lines some distance from the center in each direction (depending on the length of the rope). Make one more set of marks a little distance further from these lines which shows how far each team is allowed to get to the center of the rope. Form two equal teams with the largest person on each team placed at the far end of the rope. At a signal to start, each team pulls the rope as hard as they can until one side's tape crosses the line. When this line crosses the line on the ground, the team on that end has lost.
- ___ If a ball is available, play toss, softball, soccer, dodgeball, kickball, or some other ball game.
- ___ Have a treasure hunt where you write down clues on slips of paper that lead children to a "treasure."
- ___ Have a scavenger hunt where you make a list and have children compete to collect the most items.
- ___ Have an impromptu "camp out" using sheets and blankets to make tents over furniture.
- ___ Play **"Guess the Object."** Select an object and hand it to a child under a cloth, or with his/her eyes blindfolded or closed. He/she feels the object with his/her hands to determine what she's holding. When the child guesses correctly offer another object to guess. If he/she has difficulty, give clues or ask what he/she feels and help him/her figure out what the object could be.
- ___ Play **"Guess the Person."** Give one word to describe a family member or friend. Allow the child to guess who it is. If the child guesses wrong, provide another word to describe the person and then allow another guess. Continue this process until the child guesses the person correctly. Play again but switch roles, have the child provide clues and you guess.
- ___ Play battery-powered games.



Simple Evacuation Activities for Children and Adolescents

Activities that require limited supplies for nighttime or dark areas

- Play **"Shadow Puppets."** by creating animal shadows using a flashlight and your hands.
- Play **"Shadow Drawing."** Tape large sheets of drawing paper on the wall. Have your child stand in front of the paper. Using flashlight or candlelight to cast a shadow on the paper. You or your other child can trace the other child's shadow on the paper. Get your children to color or draw in the features.
- Play **"Museum After Dark."** The "Museum Guide" has a flashlight. The rest of the players spread out and strike an interesting pose, as if they are pieces of art. The Museum Guide then goes to each piece of "art" and looks it over with her flashlight, describing the piece of "art" in funny ways, but without touching it. If the Museum Guide can make the "art" laugh or move, the "art" becomes the new museum guide.
- Play **"Sleeping Pirate."** The "Pirate" has a flashlight and sits at one end of the playing area, with the "treasure" (any object) sitting in front of him/her. The other players line up on the other end of the playing area, each trying to sneak up and steal the "treasure" without tipping off the Pirate. If the Pirate hears a sound, he shines the flashlight in that direction. If the flashlight beam tags a player, he must go back to the starting line. The first player to nab the treasure without alerting the Pirate becomes the new Pirate.
- Play **"Flashlight Scavenger Hunt."** Call out different objects, colors or other clues for the players to find. The first person or team to shine a flashlight on the object wins that round.

Play Shadow Puppets



Supplies and Activities for Your Family Evacuation Kit

Don't forget:



- Flashlight with extra batteries
- Paper
- Deck of cards
- Dominos
- Small board games
- Jump rope
- A few books
- Towels
- Favorite blanket
- Pens, pencils, crayons, markers, chalk
- Coloring books
- Other card games (Go Fish, Uno, Crazy Eights)
- Marbles
- Balls (e.g. tennis)
- Puzzle(s)
- Extra batteries or chargers for electronic games
- Sheets
- Stuffed toy

Talk to your children about other items they want to include that are not listed above.

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