



Red Light, Green Light + 3 Variations

Players: 3+ | Ages: 2-4 | Time: 10-15 minutes

What You Need:

- An open space (yard, park, hallway)
- 3+ players

Classic Rules:

1. One player is the Traffic Light and stands at one end.
2. Everyone else lines up at the other end.
3. Traffic Light turns away and says "Green light!" — players walk or run forward.
4. Traffic Light spins around and says "Red light!" — everyone freezes.
5. Anyone caught still moving goes back to the start line.
6. First player to reach the Traffic Light wins and takes over.

Variation 1: Yellow Light

Add "Yellow light!" — players must walk in slow motion. Moving at normal speed sends them back.

Variation 2: Animal Lights

Instead of colors, call out animals: "Bunny!" (hop), "Crab!" (walk sideways), "Bear!" (walk on all fours). "Freeze!" stops everyone.

Variation 3: Musical Lights

Play music for green light, pause for red light. No calling out needed — kids learn to listen to the music.