

Ranger Rick's

Family Fun



EASY OUTDOOR ACTIVITIES FOR HAPPY, HEALTHY FAMILIES

Old-Fashioned Outdoor Games

Capture the Flag

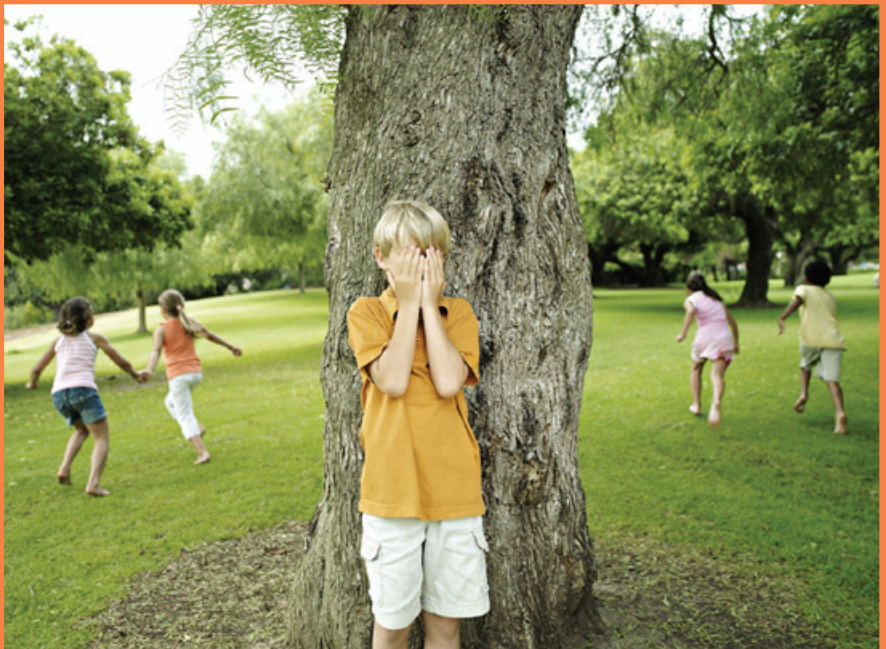
WHAT YOU NEED:

- 2 handmade flags (a T-shirt or towel works)
- 2 different colored sets of arm- or headbands

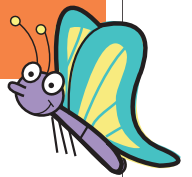
HOW TO PLAY:

Divide the group into two teams. Each team places its flag on the ground in plain view of the opposing team. Decide on a small space outside of the area of play as the "jail."

Each team has its own flag, arm bands, and designated area. The goal is for each team to grab the other team's flag and bring it back to their home base. If



Share these two classic heart-pounding games with the next generation!



BE OUT THERE™

Health Tip

Did you know that regular physical activity helps your child use glucose (sugar) as an energy source and improves the body's ability to use insulin? This lowers the risk for developing Type 2 diabetes, which develops when blood sugar is too high.

www.beoutthere.org

a player gets caught on enemy ground with the flag, the player goes to jail and the flag is returned to home ground. Prisoners can be freed if a teammate runs over to the enemy's jail and tags the prisoner without being caught. The team that successfully brings the other team's flag to its home base, without being caught, wins.

Kick the Can

WHAT YOU NEED:

- Large can
- A big open area for running

HOW TO PLAY:

Designate someone the kicker. This person then kicks the can as far as possible. After the can is kicked, the kicker counts to one hundred, while the other players hide. When the kicker spots someone, he calls out that person's name and races them back to the can. If the kicker reaches the can first, the hider goes to "jail" as the game continues. If the hider kicks the can first, the hider goes free and the game starts over. Hiders can leave their hiding spot to free prisoners by kicking the can. The game is over when everyone is in jail.