



GAME JAR FOR KIDS

Please cut the "games" along the border, fold them into small strips, and put them in the jar. Randomly select them and play the games with the children. Start enjoying your happy time!

Notice: Please ensure the safety of children during play!

Improve Motor
Coordination

Improve Hand-eye
Coordination

Improve Balance

Improve Body
Awareness

Simon Says: (body awareness)

Rule: The leader gives commands, such as "Simon says touch your nose" or "Simon says hop on one foot." Children must perform the actions only when the leader says "Simon says."

Obstacle Course: (motor coordination and balance)

Rule: Set up a fun obstacle course in your backyard or living room using pillows, hula hoops, and other objects. Children can crawl under tables, jump over cushions and keep balance on a beam.

Balloon Volleyball: (hand-eye coordination)

Rule: Inflate a balloon and create a makeshift net using a string or a piece of tape. Children can play volleyball by hitting the balloon back and forth over the net.

Hopscotch: (balance)

Rule: Draw a hopscotch grid on the ground using chalk or tape. Children can practice hopping on one foot, jumping, and balancing as they move through the different squares.



Musical Statues: (balance and motor coordination)

Rule: Play some music and have children dance or move around. When the music stops, they must freeze in a statue-like position. Try having your kids wear body socks, which will make them more relaxed.

Duck, Duck, Goose: (motor coordination)

Rule: Children sit in a circle and one child walks around tapping others on the head, saying "duck." When they say "goose," the tapped child has to chase them.



Balance Board: (balance)

Rule: Place a balance board on the ground and let the children walk on it and try to keep their balance.

Bean Bag Toss: (hand-eye coordination)

Rule: Set up targets or buckets at varying distances and have the child throw bean bags into them.

Animal Charades: (body awareness)

Rule: Write down the names of different animals on slips of paper and have the child act out the animal without speaking.

Sensory Bin Play:

Rule: Fill a bin with various sensory materials like rice, beans, or sand, and provide scoops, cups, and small toys for children to explore and engage their senses.

Water Play:

Rule: Set up a water table or provide containers filled with water for children to splash, pour, and explore different water-based activities.

Yoga: (body awareness and balance)

Rule: Teach children simple yoga poses and sequences to help with body awareness, balance, and relaxation. There are many resources available online for kid-friendly yoga routines.

Sensory Ball Play: (hand-eye coordination)

Rule: Provide different textured balls for children to roll, bounce, and explore.

Memory Game:

Rule: Place several items on a tray and let the children study them for a minute. Then, cover the tray and have them write down or verbally recall as many items as they can remember.

Hide and Seek:

Rule: One person counts while the others hide. The seeker then tries to find the hidden players. The first one found becomes the next seeker.

Tug of War:

Rule: Divide the children into two teams and give each team a long rope. They must pull in opposite directions, trying to get the other team to cross a designated line.



Sack Race: (motor coordination)

Rule: Provide each child with a large sack or pillowcase. They must hop from a starting line to a finish line while inside the sack. The first one to cross the finish line wins.

Hula Hoop Contest:

Rule: Have children compete in a hula hoop contest, seeing who can keep the hoop up the longest.

Duck Waddle: (motor coordination)

Rule: Place small rubber ducks between each child's knees. They must waddle from one end of a race course to the other without dropping the duck. The first one to cross the finish line wins.

Water Balloon Toss:

Rule: Pair up children and have them stand a short distance apart. They toss a water balloon back and forth, taking a step back after each successful catch. The last pair with an unbroken balloon wins.

