Small Group Capture the Flag at Home

About:

Capture the Flag is a great large group game. You probably don't have a large group of people you're sheltering with to play. Here is an adaption of the game you can play with as little as 2 people.

Objective:

To use Social Emotional Development informed practices to play together.

Age: 5-11 **Expected time:** 45 minutes

Activity

Materials: "Flag", Marker, Piece of paper (or white board)

- Identify a handkerchief, hand towel, stuffed animal, etc. to be the flag you'll hide.
- Create a score sheet. Determine the score sheet spot.
- Determine who is seeking for the flag, who is hiding. If there are more than 2 people playing split into teams. If there is an odd number, one person should be the final judge if a point is earned. These roles should rotate.
- Layout the rules:
  - When placed, the flag must be visible without moving anything
  - Determine boundaries. You can play indoors or outside within the agreed upon boundaries.
  - Agree on what actions will earn points
  - "Found the flag" can't be yelled until it's in someone's hand.
- The "hiding" team will place the flag in the spot they think is best. The "seeking" team will close their eyes and stay in the same spot while this is happening.
- Once the hiding team places the flag, the seeking team can begin to look for the flag.
- While the seeking team is looking, the hiding team is working to rack up points. Some examples of ways to earn points are:
  - 1pt every time a bird lands in the yard/porch/fence/window
  - 1pt for every dish/item you clean in the sink
  - 1pt if an adult calls out one of the seekers names
  - 1pt for every 20 jumping jacks
  - 1pt for every 10 push ups
  - 1pt every piece of laundry you fold
  - 1pt Someone on the seeking team saw you and didn't say "howdy" (max 2 points)
  - 1pt write a poem to someone
  - 1pt every 15 sit ups
  - 1pt every 15 squats
  - 1pt every 10 1 legged hops
  - 1pt every time a red car drives past (can't be parked!)
- Every time someone on the hiding team earns a point they must go to the score sheet and mark it. Points cannot be piled up, you can only mark 1 point every time you go to the score sheet, and the score sheet cannot travel with you.

- Once the seeking team finds the flag they'll yell out "found the flag" this ends the game.
- The only points that count are the ones on the score sheet at the time of game ending.
- Everyone rotates roles and the game is played again.
- The team with the most points wins

Wrap Up:

- What are other ways we can earn points?
- What are other rules we can add, take away, or change to make this more fun?
- Is everyone playing by the rules? Why or why not? What ways could we make this game fair?

Camp
Whitcomb|Mason