

Traffic Lights

- Tell the children that each colour means a different thing:

Red

Stop

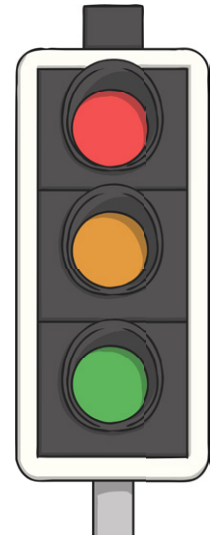
Orange (Amber)

Get ready

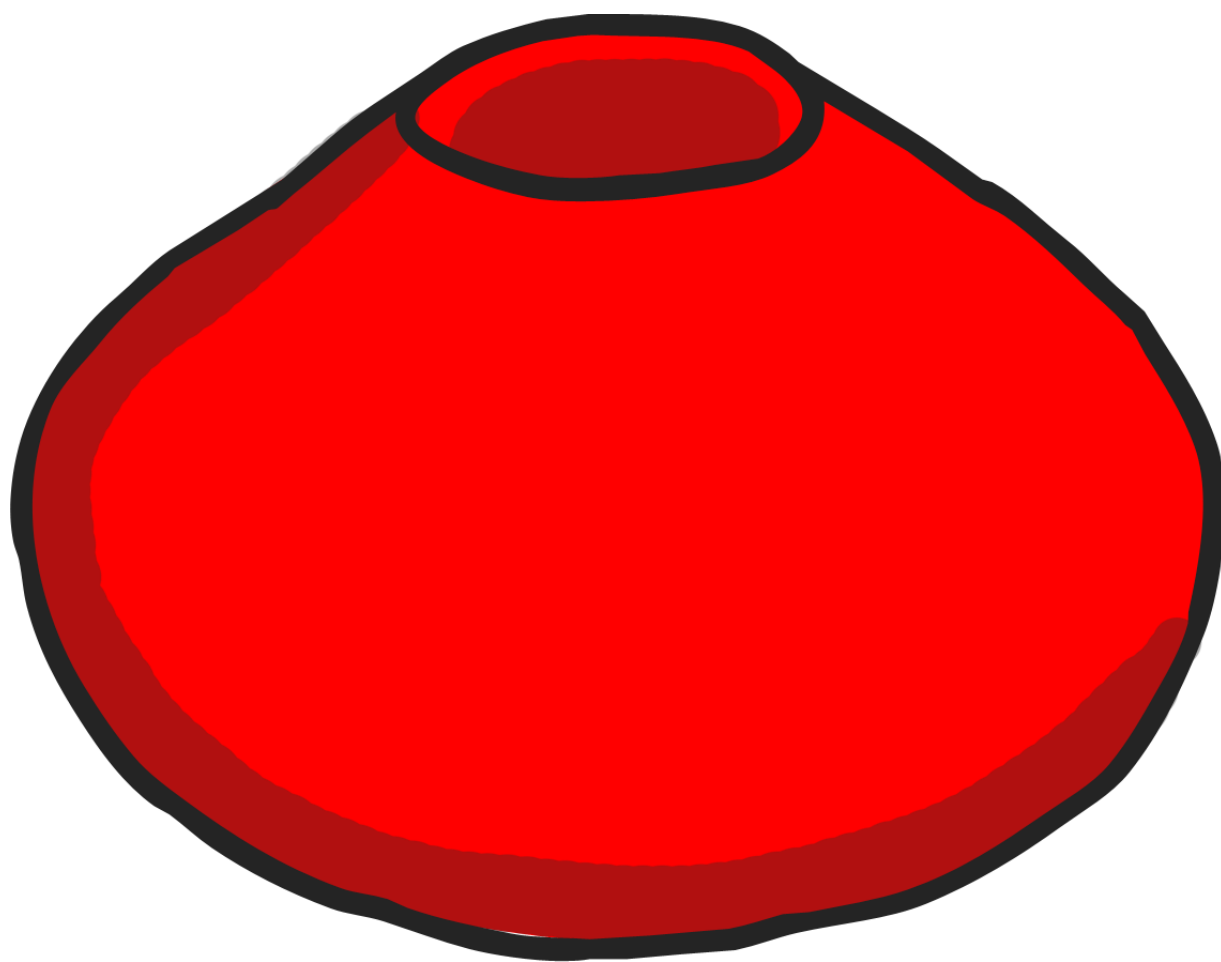
Green

Go (e.g. run, walk, jump etc.)

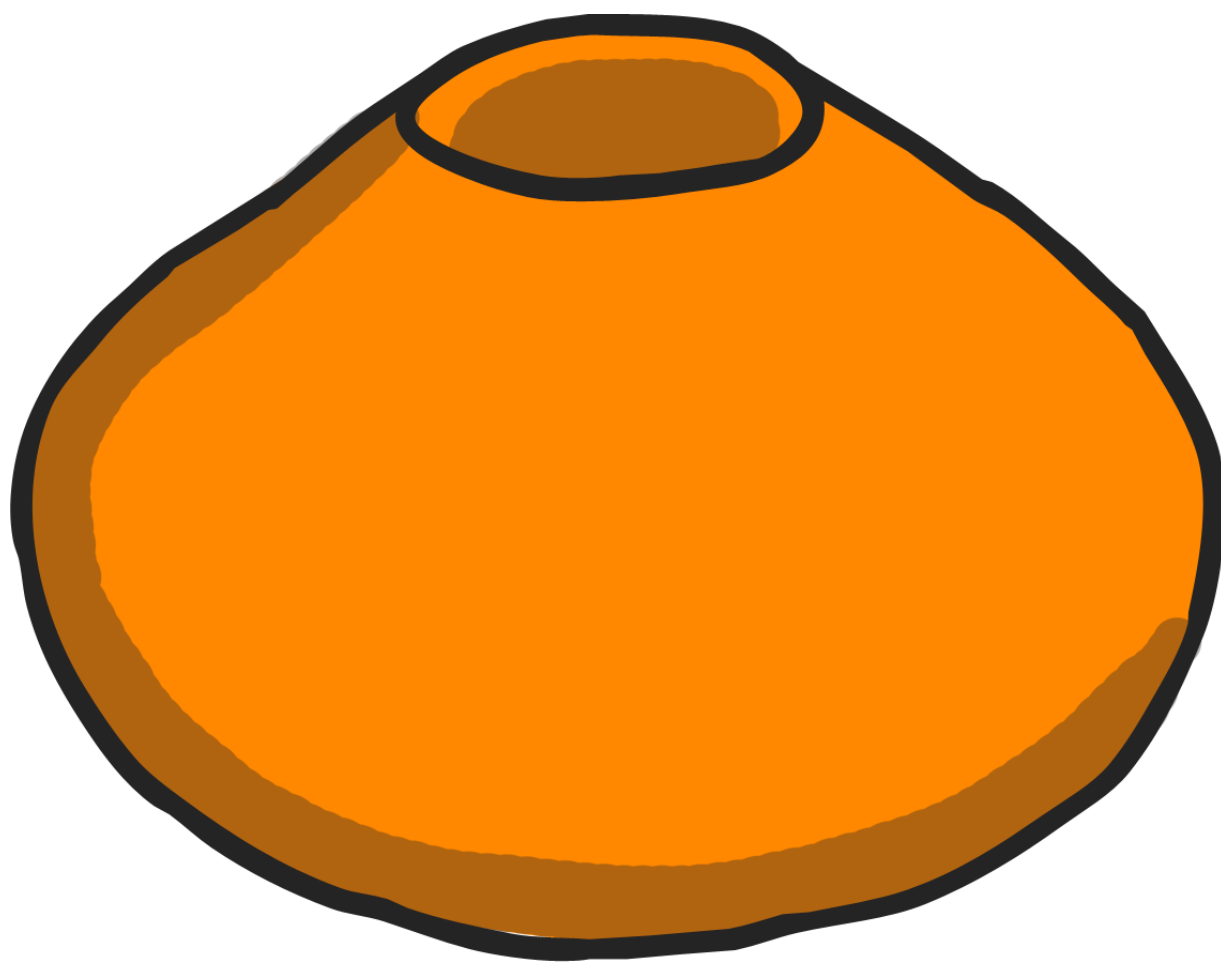
- Hold up different coloured cones or cards.
- Children watch for the change in cards/cones and change their action accordingly.
- You may want to change the movement or action for green e.g. start with walking, and then move to jogging and finally running.
- Play the game for about 5 minutes.



red



orange



green

