

State of Activity

Two or more players. Age range: 6-10

Items needed: paper, pencil (or pen) and a bowl

Before You Start:

1. Write each of the following letters on a different piece of paper:
A, C, D, F, G, H, I, K, L, M, N, O, P, R, S, T, U, V, W.
2. Fold the pieces of paper in half so you can't see the letters, and put them in a bowl.

To Play:

1. Player 1 selects one piece of paper and reveals the letter.
2. While walking in place, Player 1 must name all of the states in the U.S.A. that begin with that letter. Player 2 keeps time, giving Player 1 a minute to name them.
3. After 1 minute, Player 2 has a chance to name any states that were missed.
4. If Player 2 names any missed states then he or she gets one point. If Player 2 can't name any then Player 1 will get one point.
5. Switch roles to let Player 2 choose a letter. The winner is the player who gets 10 points first.



Game Variations:

- Skip in place, hop, trot or jog for 60 seconds while naming states.
- Play with capitals of the United States or countries.



NOTE: If you live in an apartment and have people living below you, please be courteous to them when playing the game.