

Worm Games

Category	Game
Type	Relay game
Time to allocate (mins)	15
Instructions	<p>‘WORM’ THROUGH THE APPLE... Have children stand in a straight line with their feet apart. The child at the end is the “worm.” They crawl through the “apples” (children’s spread feet/legs). When the player reaches the front of the apple line, the next person in line becomes the “worm”.</p> <p>THE INCH WORM WALK Stand with feet together, bend, and touch hands to the floor– just in front of your feet. Walk your hands forward – without moving your feet up – until you can’t go any farther. Next walk your feet up to your hands. Continue... If some of the children cannot do this, they could always lie down on the floor and wiggle forward any way they can. Play some music to go with the movement!!!</p> <p>GUMMY WORM/SOUR WORM HUNT Give each child a plate with three gummy worms covered in whipped cream or flour, and a cup. The first child to find the gummy worms with their mouths and get them into their cup is the winner! No Hands used!!! You can use chopsticks instead of mouths if preferred.</p>

Entry written by Sharon Venn of 1st Randburg