

How To Play Traffic Lights

- Give participants their first three instructions. When you shout 'green' they must jog around the working area, when you shout 'amber' they must sit down, and when you shout 'red' they will freeze where they are.
- Gradually introduce other instructions – to include:
 - Reverse – walk backwards
 - Speed bumps – jump with two feet together
 - Roundabout – whole group run around in a big circle
 - Taxi – piggy backs*
 - Pedestrian crossing – lay on back with arms and legs stretched out (like one of the stripes on the crossing)
 - Lollypop lady/man/person – stand and hold an imaginary lollypop whilst ushering children across a road
 - Traffic jam – whole group must line up one behind the other.

*Be aware of safety issues throughout this activity, you may decide that using piggy backs are not appropriate.