Couch Potato

1. Designate one child to be "It", and one to be the "Active Angel."
2. Remaining children walk quickly (and safely) around the play space while "It" tries to tag someone. It can tag more than one child.
3. The child tagged by "It" must sit down and pretend to be a "couch potato." Pretending to play video games, watch TV, eat snacks are all good ways to be a true "couch potato!" Stay pretending until...
4. The "Active Angel" taps the "couch potato" on the shoulder and, in order to be released from "couch potato land," that child must come up with an activity that would be better for their health e.g. playing tag, climbing on the jungle gym, jumping on one foot, doing a puzzle. Once they share their activity idea, they are free to stand up and re-join the game.
5. Switch roles and play a few times. Remember, "It" can tag more than one child at a time — the more "couch potatoes," the more fun the "Active Angel" and everyone else has.
6. Whew! It feels good to move your body, doesn’t it?!

Life is LOTS more fun when you join in!
Limit your screen time to two hours or less every day.

Activity adapted from H.E.A.T. Club Curriculum
(as adapted from the Ontario Physical and Health Education Association.

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