



## February Outdoor Activities

### Scream and Run

Age Range: Kindergarten – 3<sup>rd</sup> Grade

Supplies: None

Set Up: None

Instructions: This is a great game to get out some energy. Line the kids up and one by one have them scream and run as far as they can before they run out of breath. When they run out of breath (and can no longer scream) they must stop. The person who goes the farthest wins.