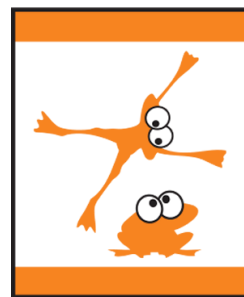




## Tiger Tag

Staying active is important! It keeps you healthy. In this adventure, you will get to play active games with your family. You will also learn how to be a good sport. Have a ball!



### 1. **Choose one active game you like, and tell your family about how to play and why you like this game:**

- Think about all the games you play & list them: baseball, kickball, tag, etc.
- When you find a game, tell your family about the rules. Does it need special equipment? How many people can play at once?
- Tell your family why you like this game. How does it make you feel? Do you like watching it too?



### 2. **Play 2 team or relay games with your family. Tell your parent or guardian what you liked best about each game:**

- Here are some examples of team & relay games to choose from (you can choose your own):
  - Egg Relay: in this simple game, hold an egg on a spoon. Walk as fast as possible to a point and back without dropping the egg. Then put the egg on your teammate's spoon. The team that completes the relay the fastest without dropping the egg wins!
  - 3 Legged Relay: tie a bandanna around your right leg and your teammate's left leg. Each of you uses your free leg and your 2 tied-up legs to reach the finish line. First team to cross the finish line wins!
  - Sack Race: step inside a large cloth sack and hop from the starting line the finish line. Once you reach the finish line, hand the bag to your teammate. The fastest team wins!
- After playing, talk about what you liked best about each game.



**3. Have your family choose a team or relay game that everyone can play, and play it at least twice.**

- choose a game that you did not play in the list above. Otherwise choose a different game.

**4. With your parents or guardians, select an active outside game that you could play with your family. Talk with your family about the games suggested. With your family, decided on a game to play and play the game. After the game, discuss with your family the meaning of being a good sport.**

- Examples of active outside games that you can play are baseball, soccer, tug-of-war, gaga ball, tag, flag football, etc.

- When you choose your game, talk about the rules. What is the goal of the game? How many people do you need to play? Do you need any special equipment?

- When you are done playing the game, talk about what it means to be a good sport. Why is good sportmanship important? Will you committ to being a good sport in both winning and losing?



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