

## TWIZZLE

Twizzle is a circle game that requires no equipment and very little space. Players need to listen closely for the commands and be quick in their responses. If they're too slow, players may have to do some jumping jacks!

**Who:** Grades K-5

**Players:** 8+

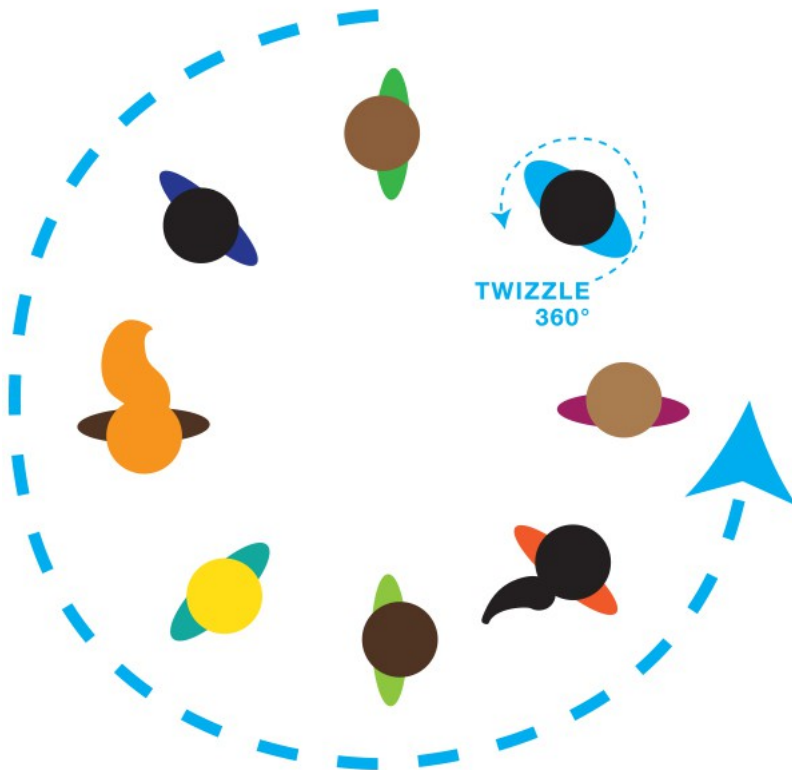
**Time:** 15+ minutes

**Where:** Hallway, classroom, playground, gym, auditorium

**Equipment:** None

### SET-UP:

- Players form a circle and stand 6 feet away from each other.



### HOW TO PLAY:

- Form a circle and stand 6 feet away from each other Listen for the commands.
- When you hear:
  - 'Go' - walk in the direction you are facing
  - 'Stop' - freeze
  - 'Turn' - do a half turn (180 degrees) and freeze
  - 'Twizzle' - do a full jump (360 degrees) and freeze
- If you make a mistake, do five jumping jacks, and rejoin the game.

### FOR UNDERSTANDING:

- What do you do for a 'turn'?

### GAME TIP:

- Practice the commands with players before starting the game.

### CONFLICT RESOLUTION TIP:

- If a player makes a mistake give them a wi-fi (wireless high five or air five)

**INDOOR TIP:**

- Have players jog slowly in a circle.

**REP IT OUT!**

**EASY:** Walk in a circle

**MEDIUM:** Side shuffle in a circle

**HARD:** Hop on one foot in a circle