

# How to Adapt Activity: Red Light, Green Light

**Red Light, Green Light** is easily adaptable and can be done with little to no equipment. Red Light, Green Light focuses on getting a child's heart rate up, following directions and agility.

**How To Play:** Find a large area to progress forward from baseline to baseline. One participant will be chosen to be "it" and give three different commands for the other players to follow. "Green light" means to move forward quickly. "Yellow light" means to move forward slowly. "Red light" means to stop in place. The first player to make it to the opposite baseline wins and becomes "it."



## Making Appropriate Modifications



### Child who uses a wheelchair

- Make sure to be aware of your environment and play on a hard surface like concrete, compact dry dirt or hardwood. Avoid soft surfaces like grass.
- Push forward on "green light." Stop forward progression on "red light."



### Child with a visual impairment

- Facilitators (traffic cones, pvc pipe, pool noodles, etc.) can be used to create lanes. This allows the player to feel their way in a straight line from start to finish.
- Make sure there are no environmental barriers when the player is following commands to move forward.



### Child who uses a walker or whose balance is affected

- Make sure to be aware of your environment and play on a hard surface like concrete, compact dry dirt or hardwood. Avoid soft surfaces like grass.
- Walk forward on "green light." Stop forward progression on "red light."



### Child with a hearing impairment

- Use colored paddles to signify commands. Green for "green light." Red for "red light." Yellow for "yellow light."



### Child with hearing and visual impairment

- Have someone stand behind the child and place their hand on the child's left shoulder for "red light" and on the child's right shoulder for "green light."



### More Adaptations

- Participants may sit on a scooter board and use their stronger side to maneuver forward and stop.
- Go backward instead of forward.
- Do an exercise in place before hearing the "green light" or "red light" command.