



## RED LIGHT, GREEN LIGHT

*Target Age Group: 2-4 years old*

**How to Play (Basic):** After a proper warm up, have your little one shout out "green light" to go. Run 20 seconds - 1 minute on at Zone 4 tempo run with the stroller when he/she says "green light". Teach your child early about "yellow light" - slow down. When your child yells, "yellow light", do your 1 minute off at Zone 2. This will make it easier on your body to slow down gradually instead of a hard stop every time. When your little one yells "red light" stop as quickly as possible and walk if your child will let you.

**How to Play (Advanced):** Incorporate the use of red, yellow and green signs made with construction paper or the FREE Printable. Have them hold up the signs when they shout out the commands of "red light", "green light" or "yellow light".

**Advanced Requirements:** Your child must know his/her colors in order to be able to hold up the coordinating colored signs with the commands he/she is shouting.

**Preparation Time (More Advanced Game):** 20 minutes

If you are time pressed, use the Free Printable; however, if you are not and want your kids to be more involved in preparing their lights, follow the instructions below.

### **Materials:**

- 3 Sheets of Construction Paper (Red, Green & Yellow)
- Scissors
- Pencil and/or marker
- [Con-Tact](#) Self Adhesive Lamination paper (optional)
- Popsicle Sticks (optional)
- Glue or Glue Stick (optional)



### *Making Instructions:*

1. Draw a circle 6" diameter circle on each piece of colored paper. Make sure the circle is large enough so you can see it when your child holds it up.
2. If you have lamination paper, use the adhesive back and apply to both sides of each sheet.
3. Write "Go" or "green" in the green circle
4. Write "Slow" or "yellow" in the yellow circle
5. Write "Stop" or "red" in the red circle.
6. Cut out each circle.
7. Paste a Popsicle Stick on to each circle.

### *Cost:*

Basic Game: **FREE**

Advanced: **FREE** w/printable

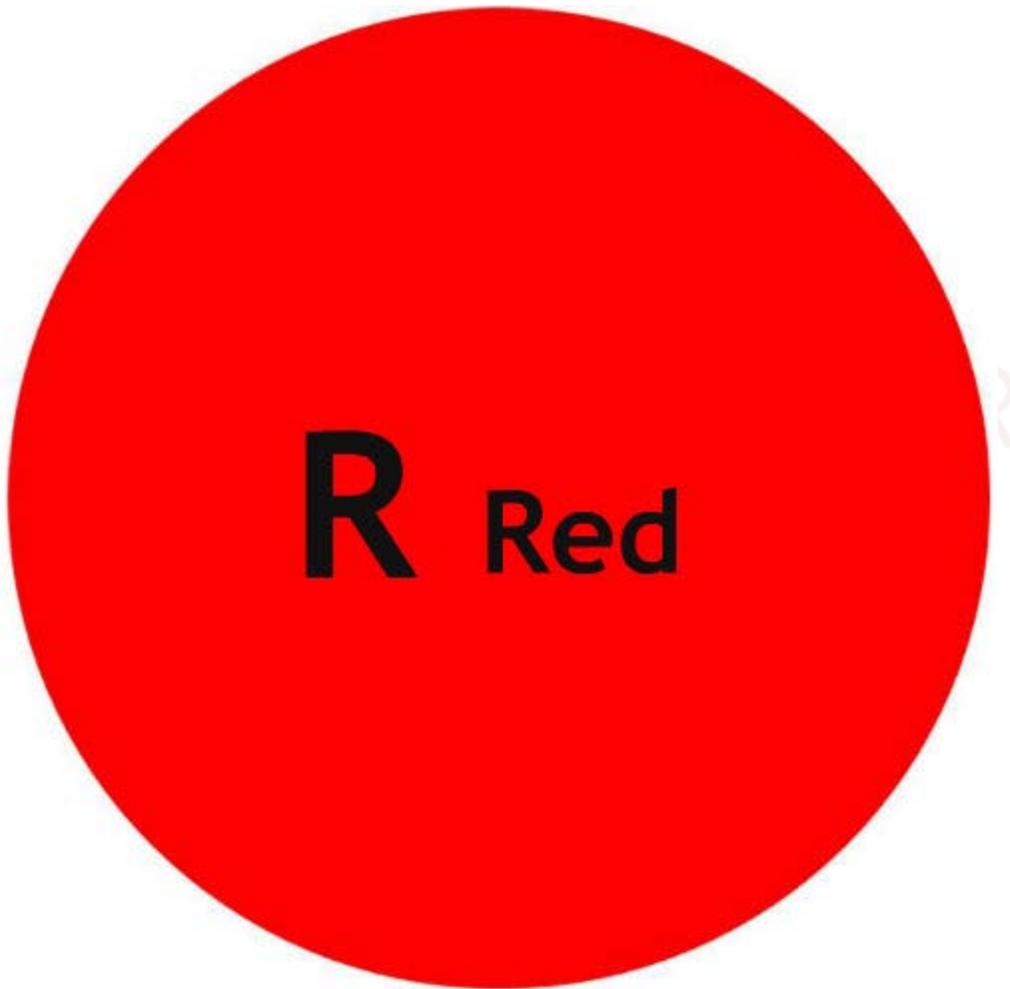
Advanced Game: **\$11.89**

- [Construction paper](#) (if you have none) \$7.89 for 300 sheets
- [Con-Tact](#) \$3.59

*Disclaimer: Before incorporating any of these Stroller Runner Games, please ensure you warm up properly and stretch to avoid any injuries.*

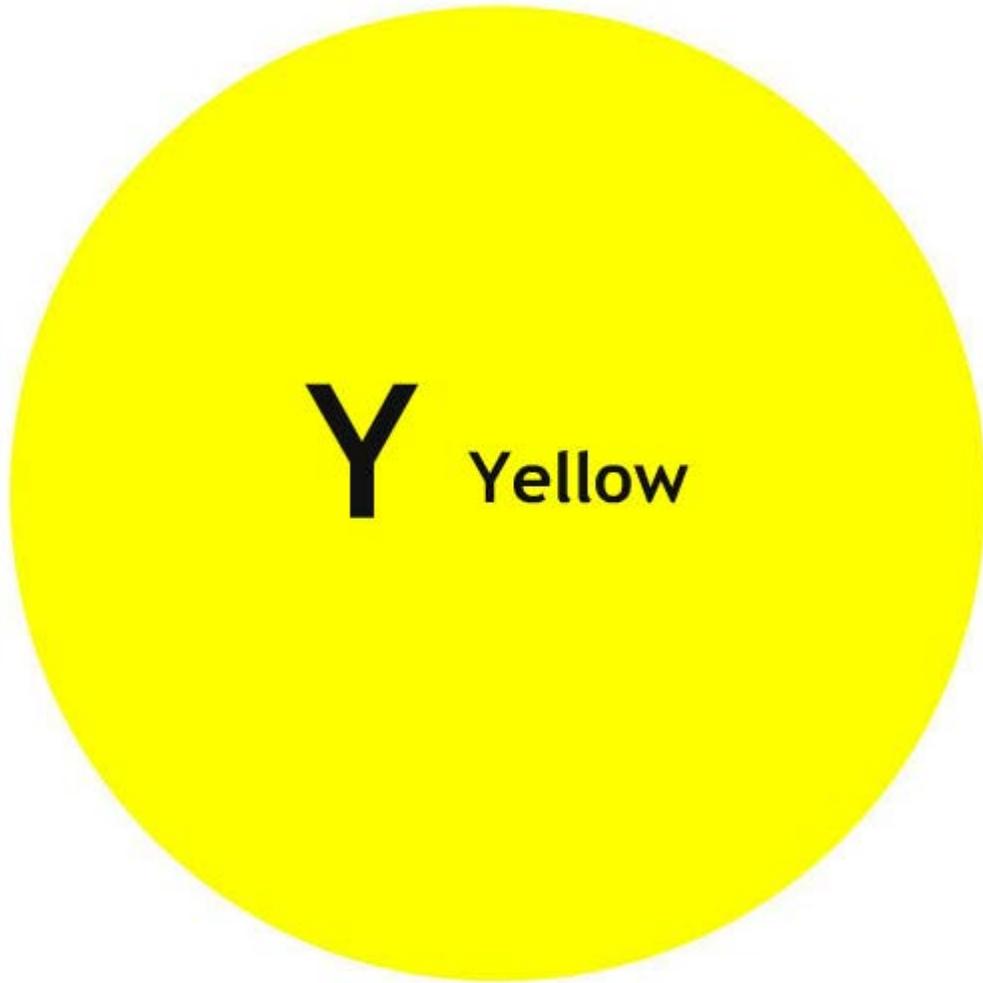


*Cut out the circle and glue a Popsicle stick to the back.*





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