

Boston Marathon

Happy Feet Kids' Club Running Game

This is a game that can be played with a lot of children in a small gym. It can also be easily played outdoors.



1. Print Happy Feet game cards. String with red, yellow, and green yarn. Use red for small space activities such as stretching, dancing, and crunches. Use yellow for slow moving activities such as skipping and walking. Use green for fast activities such as running.

2. Set up a course for each of the color groups. Have one for the fast running, one for the slow moving, and one for the small space activities.

3. Kids choose a card and follow the directions. Kids should alternate colors. In other words kids should do a red activity, then a green, and then a yellow, and so on.

4. It is a tradition to play this game the week before the Boston Marathon.

5. Play and have fun!

6. Finish by getting in line to follow the leader in a jog.

This game is dedicated to Rod DeHaven who donated his Boston Running Bib Number to Carol Goodrow's running number collection.