Physical Distancing Games

"What does 2 metres in distance around me look like ?"

There has been much talk in the media about social distancing, however our children have had little exposure to this experience due to the confinement in our homes. Here are some ideas to help children learn and play with physical distancing. We hope you enjoy these suggestions!

The best way to learn is to play

Obstacle Course Challenge!

Use different items you have at home (cones, boxes, foam blocks, etc) to make an obstacle course to maneuver a ball around.

Have your children spread the items around your yard, estimating a 2m distance between each item. Then give them a measuring tape to verify their estimates. Make readjustments as needed.

Once it's all set up, start rolling the ball but make sure to keep a 2m distance between each player!
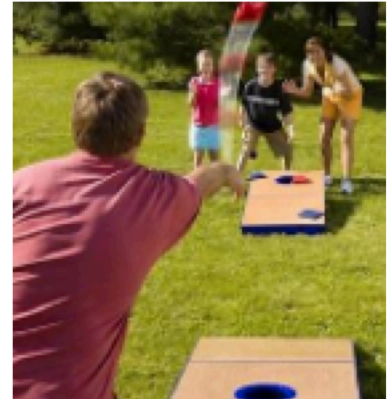
2 metre Challenge!

Find 3,4,5, + items that are 2m in length: Take photos, have fun and be silly!

Ex. How much garden hose do I need to unroll to have   2 m? How long is my bicycle from front to back? How many steps apart in the stairs is 2m? How many matchbox cars, placed bumper to bumper, are needed to reach 2m? How many Lego pieces do I need to stack to reach 2m?

How many footsteps do you need to do for a 2m distance? What about the other members in your family, who has the greatest number of steps?

Animals take different 'step' sizes, some are short, some long. How many bunny hops, frog leaps, and gorilla steps can you do in a 2m distance?
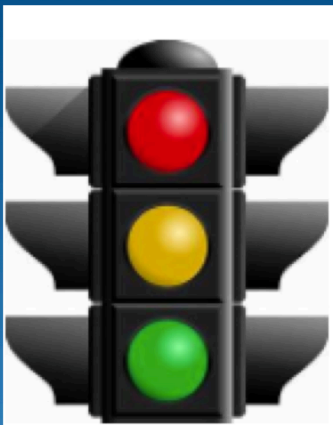

How about a friendly game of **bean bag toss**? Have your children estimate the distance, measure it and play!

Sidewalk chalk games

Red, yellow, green light

Every one has a lane, 2m distance apart. One person leads the game calling out colors. Each color identifies how quickly each player will move forward.

Red light – Statue, stay in your spot

Yellow light – Short slow steps like a mouse

Green light – Giant steps

When the leader turns around, if a player moves they must return to the starting point. When a player reaches the leader, they become the leader for the next round.