



PlayBoost™ Deck Game Instructions

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BOULDER DODGE



Equipment: Balls (+ Stairs)

The mountain is rumbling, and boulders are crashing down the slopes! Only the fastest and sharpest movers can dodge them all. Stay light on your feet, weave side to side, and don't get caught! Can you escape the rockslide and prove your lightning-fast reflexes before the last boulder falls? The challenge is on—let's see if you can survive the avalanche!



How to Play

1. Setup

- ✓ Mark a safe zone at the base of the stairs (the bottom of the mountain) using tape or another clear boundary.
- ✓ A parent stands at the top of the stairs with several soft balls (the boulders) ready to roll.

2. Objective

- ✓ The child must stay in the marked area while moving side to side to dodge the rolling boulders.
- ✓ The game ends when all the boulders have been rolled. If the child gets hit by a set number of boulders or fewer, they win the game!
- ✓ The winner gets to climb to the top for a triumphant pose as the ultimate mountain champion!



PlayBoost™ Twist

- ✓ **Obstacle Mode** – Add obstacles like pool noodles or stuffed animals to the stairs to change the boulders' paths and increase the unpredictability.





CLIFFHANGER



Equipment: none! (Soft flooring recommended)

High above the ground, you're clinging to the edge of a towering cliff—one wrong move, and it's a long way down! Can you keep your balance, switch hands midair, and hold on tight as the wind howls around you? Only the bravest explorers can conquer this daring challenge. Will you be the one to master the cliff and make it to safety? Hold on tight—the adventure begins now!



How to Play

1. Setup

- ✓ The adult squats in a stable chair-like position, creating the “cliff” with their thighs.
- ✓ A soft mat or cushioned surface should be placed beneath the players for safety.
- ✓ A spotter can assist to ensure safe landings.

2. Objective

- ✓ The child steps up onto the adult's thighs, holding both of the adult's hands for balance.
- ✓ Once steady, the adult lets go of one of the child's hands, creating a fun “hanging from a cliff” effect.
- ✓ The child practices switching hands midair, letting go of one hand and grabbing the other to stay balanced.



PlayBoost™ Twist

- ✓ **Adventure Mode:** Add a dramatic backstory—are they scaling a mountain, hanging from a pirate ship, or escaping a dragon's lair?
- ✓ **Timed Challenge:** See how long the child can stay on the cliff without falling or how many hand switches they can perform in a row.
- ✓ **Dual Cliffhangers:** If there's more than one child, let them take turns or compete to see who can hang on the longest! This game was borrowed from the great book [The Art of Roughhousing](#).





COLOR DASH



Equipment: Variety of Colored Items

The castle gates are locked, and only the King's Wizard knows the secret to unlocking them! Each explorer holds a magic key (a special color), but the Castle Guardian is on patrol, trying to keep everyone inside. When the Wizard's spell reveals a color, those with the matching key must dash to freedom before the Guardian catches them! Will you make it out in time?



How to Play

1. Setup

- ✓ Each child selects a magic key (a colored item like a cone, ball, or small object).
- ✓ Mark a starting area as the castle gates and a finish line as the escape zone.
- ✓ A parent or coach acts as the Castle Guardian and stands near the gates, facing away from the players.

2. Objective

- ✓ Explorers must wait for their color key to be revealed before dashing toward the escape zone.
- ✓ The Castle Guardian will hold up a colored object, signaling those players to escape.
- ✓ Kids who make it to the escape zone can either:
 - Pick a new color and rejoin the game.
 - Wait in the escape zone and cheer on their friends.
- ✓ If the Guardian tags a player, they must return to the castle gates, pick a new color, and try again.



PlayBoost™ Twist

- ✓ **Double Spell** – The Wizard can call two colors at once, making the escape even trickier.
- ✓ **Lose an Armor Piece** – If tagged, players can keep playing but with a fun handicap, like running with one arm behind their back.
- ✓ **Keep Score** – Kids can count how many times they successfully escape, turning it into a fun personal challenge!
- ✓ **Switch Roles** – Let kids take turns as the Castle Guardian to keep the game fresh and exciting.





ENCHANTED EGG



Equipment: Balloon

Deep in the dragon's lair, a powerful enchanted egg is about to hatch! But there's one rule—it must never touch the ground until the magic is ready! Using quick hands and sharp focus, you must keep the egg floating high in the air. Can you protect it long enough for the baby dragon to break free? The fate of the dragon's hatching is in your hands—let the magic begin!



How to Play

1. Setup

- ✓ Inflate a balloon to serve as the Enchanted Dragon Egg.
- ✓ Mark a designated “hatching spot” (like a laundry bin) where the egg must land safely.

2. Objective

- ✓ Players must keep the egg in the air, preventing it from touching the ground.
- ✓ The game can be played for a set number of hits or a set amount of time (e.g., Level 1: 10 seconds, Level 2: 20 seconds, etc.).
- ✓ Once the timer ends or the required hits are reached, players must transport the egg to the hatching spot using the Keep It Up rules.
- ✓ The egg must land inside the spot without touching the ground to officially hatch!
- ✓ When playing with multiple players, take turns hitting the balloon to keep it up.



PlayBoost™ Twist

✓ Team Play Challenges:

- Dragon Egg Swap (2 Players): Each player has a balloon, and after every hit, they must switch balloons with their partner to keep both eggs in the air.
- Name Call Challenge (3+ Players): Players use one balloon and must call out the name of the person who will hit it next before they make their hit.





FEED THE SNAKE



Equipment: Balls

The hungry snake is on the move, and it needs your help to find its next meal! But this snake is picky—it only eats food that rolls smoothly through its path! Work together, shuffle side to side, and guide the food through the snake’s belly without letting it stop. Can you keep the snake happy and well-fed? Let’s see how many meals you can deliver before it slithers away!



How to Play

1. Setup

- ✓ Players line up in a single-file line, forming a snake.
- ✓ One player (the feeder) stands in front of the snake with a stash of tennis balls (snake food).

2. Objective

- ✓ The feeder rolls tennis balls toward the snake, aiming to send the food smoothly through the line.
- ✓ To make it more challenging, the feeder can roll the balls in different directions, making the team adjust their movements to keep the food rolling.
- ✓ The kids shuffle sideways as a team, keeping the snake food rolling between their legs without letting it touch their feet.
- ✓ Each successful roll that makes it through the snake earns a point.
- ✓ If the food touches a player’s feet, the team resets their streak and tries again.
- ✓ The goal is to see how many consecutive pieces of snake food they can feed the snake!



PlayBoost™ Twist

- ✓ **Speedy Snake** – Challenge the group by increasing the speed of the rolling food. Can they keep up?
- ✓ **Sneaky Snake** – Add a “bad” food (a different-colored ball). If the bad food rolls through, the team loses a point and must react quickly to avoid it!





GHOST CATCHERS



Equipment: Ball, Ghost Printouts, Tape

The ghosts have taken over, and only the bravest ghost catchers can stop them! Armed with your best ghost-zapping skills, you must take aim and send those spooky spirits back where they came from. Each hit brings you one step closer to saving the haunted land—can you clear every last ghost before time runs out? Grab your gear and get ready for a supernatural showdown!



How to Play

1. Setup

- ✓ Create floating ghost targets by placing styrofoam balls in kitchen garbage bags. Tie the top with a small white rope and leave enough length to hang them from tree branches or sturdy structures.
- ✓ For a quick indoor option, print or draw ghost illustrations and tape them to a wall.

2. Objective

- ✓ Players take turns throwing soft balls at the ghosts, aiming to zap as many as they can.
- ✓ Add a scoring twist by assigning point values to ghosts based on their height or difficulty to hit.
- ✓ The player or team with the most points at the end is crowned the ultimate ghost catcher!



PlayBoost™ Twist

- ✓ **Timed Challenge:** Set a timer and challenge the group to zap as many ghosts as possible before time runs out.
- ✓ **Moving Targets:** Swing the ghosts gently for an extra spooky challenge, making them harder to hit.
- ✓ **Team Play:** Divide into teams and see who can clear the haunted area the fastest.





HIBERNATING BEAR



Equipment: Sports Balls of Your Choice

Deep inside the bear's den, a hidden treasure of balls awaits—but beware, the bear is fast asleep, and you must be as quiet as a shadow to sneak past! Can you grab a ball and make it back to safety before the bear wakes up? Move too fast or make too much noise, and the sleepy beast might roar to life and chase you! Will you escape with the treasure, or will the bear catch you first?



How to Play

1. Setup

- ✓ A parent or coach (playing the bear) lies on the ground, pretending to hibernate, surrounded by scattered balls (the “bear’s treasure”).
- ✓ Use any type of ball—soccer balls, footballs, basketballs, hockey pucks, or even stuffed animals.
- ✓ Mark a designated safe zone where players must return after grabbing a ball.

2. Objective

- ✓ Players take turns sneaking into the bear's den to grab a ball and bring it back to the safe zone without waking the bear.
- ✓ If a player makes too much noise, the bear wakes up, growls, and chases them back to safety!
- ✓ To win, players must successfully retrieve a ball without getting caught.



PlayBoost™ Twist

- ✓ **Sports Sneak Challenge** – Level up the game by adding sports skills! Try dribbling a basketball, stickhandling a hockey puck, or dribbling a soccer ball as you sneak away from the bear.
- ✓ **Friendly Bear Mode** – If some kids find being chased too intense, the bear can move slowly, giggle instead of growl, or even turn into a friendly sleepy puppy instead! The goal is to keep the game fun and lighthearted for everyone.





HUMAN CATAPULT



Equipment: none!

Strap in for takeoff—it's time to launch with the ultimate Human Catapult! With the power of teamwork, kids blast into the air, soaring like astronauts on a daring space mission. Can you master your mid-air moves, stick the perfect landing, and reach new heights? Get ready to jump, fly, and land like a pro!



How to Play

1. Setup

- ✓ A parent lies on their back on the floor with their knees bent.
- ✓ The child stands facing away, gripping the parent's knees for stability.
- ✓ Place a crash mat, large couch cushions, or other soft padding in the landing area.

2. Objective

- ✓ The child places their feet on the parent's hands, preparing for takeoff.
- ✓ On the count of three, the parent pushes upward, propelling the child into a jump as they spring off for a safe landing.
- ✓ The child focuses on controlling their body mid-air, practicing balance and positioning for a secure landing.



PlayBoost™ Twist

- ✓ **Blast-Off Countdown** – Add a dramatic “3...2...1...LAUNCH!” countdown for extra excitement before each jump.





ICE CREAM CATCH



Equipment: Tennis Balls, Cones

Scoop up the fun in this deliciously playful challenge! The ice cream shop is open, but these flying scoops have a mind of their own! Using their special cones, kids must track each bouncing scoop, time it just right, and catch it after a single bounce. Can you stack up the tallest, tastiest ice cream without dropping a scoop? Get ready for a sweet test of focus, timing, and quick hands!



How to Play

1. Setup

- ✓ Each child holds a cone to catch the ice cream scoops (tennis balls).
- ✓ Parents or coaches bounce the balls off the ground toward the kids, mimicking flying ice cream scoops.

2. Objective

- ✓ The kids must track the bounce, read the movement, and catch the scoop in their cone.
- ✓ Start with slow, easy bounces and gradually increase the speed or add tricky angles as the kids improve.
- ✓ See how many scoops each child can catch in a row without missing!



PlayBoost™ Twist

- ✓ **Double Scoop Challenge** – Try catching two scoops in a row before resetting!
- ✓ **Mystery Flavors** – Use different-colored balls and call out a color before bouncing it—only that scoop can be caught!





LASO THE CATTLE



Equipment: Rope, Soft Ball

Saddle up for a wild chase—it's time for a rootin'-tootin' rodeo adventure! The playful cattle are on the loose, and the cowboy or cowgirl herder is hot on their trail, swinging their lasso to round them up. Can you dash, dodge, and make it to safety before getting roped in? Only the quickest cattle will escape—let the chase begin!



How to Play

1. Setup

- ✓ Create a play area with multiple safe zones using cones, hula hoops, or any markers.
- ✓ Kids (the cattle) start in one of the safe zones.
- ✓ A parent or coach (the herder) stands in the play area with a pool noodle, rope, or dodgeball as their lasso.

2. Objective

- ✓ When the game begins, the cattle must dash from one safe zone to another without being tagged by the herder's lasso.
- ✓ Cattle can stay in a safe zone for up to five seconds before moving to another.
- ✓ If a player is tagged, they must head to the barn (timeout zone) for 15 seconds before rejoining the game—or complete a fun challenge like five jumping jacks before they are free!



PlayBoost™ Twist

- ✓ **Competitive Dash:** Challenge the cattle to count how many safe zones they reach in a set time!
- ✓ **Double Lasso:** Add a second herder for larger groups or to up the challenge for older kids.





LEAP FROG RACES



Equipment: none!

Hop, leap, and race your way to victory in this high-energy, team-powered adventure! The leapfrogs are on the move, working together to jump and crouch their way to the finish line. Can you and your teammate keep up the rhythm and make it across first? Get ready to jump into action and see who can leap the fastest!



How to Play

1. Setup

- ✓ Mark a starting line and a finish line to define the race area.
- ✓ Players pair up for the race.

2. Objective

- ✓ The first child begins crouched down on their hands and knees with their head tucked.
- ✓ The second child places their hands gently on the first child's back and leaps over by straddling their legs wide apart.
- ✓ Once they land, the second child crouches down, becoming the new "frog," while the first child leaps over their back.
- ✓ The leap-and-crouch pattern continues, with the pair alternating jumps, until they cross the finish line together.



PlayBoost™ Twist

- ✓ **Time Challenge:** Use a timer to see how quickly pairs can complete the race and challenge them to beat their record!
- ✓ **Team Relay:** Add more players to form leapfrog teams, turning it into a relay race with extra excitement.





LIGHT SABER JUMP



Equipment: Pool Noodle

Get ready to train like a true Jedi! The glowing light saber sweeps across the ground, and only the quickest, most agile jumpers can dodge its path. Time your jumps, sharpen your reflexes, and master the force—can you avoid getting tagged and prove your Jedi skills? The challenge awaits!



How to Play

1. Setup

- ✓ A parent or coach holds the “lightsaber” (a soft pool noodle) by one end, ready to unleash their Jedi skills.

2. Objective

- ✓ The parent gently rotates the noodle in a circular motion along the ground toward the child’s feet.
- ✓ The child must jump over the beam to avoid being “tagged” by the saber.
- ✓ Start slowly to help the child get used to the timing.
- ✓ Gradually increase the speed as their confidence and skills grow.
- ✓ Allow the child to take turns wielding the lightsaber for added fun!



PlayBoost™ Twist

- ✓ **Force Master Mode** – The jumper must perform a spin or strike a Jedi pose mid-air while dodging the saber.





LOG WARRIORS



Equipment: Pool Noodles

Enter the murky swamp where fearless warriors battle for survival! Perched on slippery logs, players must balance, duel, and outwit their opponent to avoid falling into the swamp—home to mysterious creatures lurking below. Will you be the last warrior standing?



How to Play

1. Setup

- ✓ Lay two pool noodles flat on the ground for each player—these are the logs.
- ✓ Each player stands on a log, holding two shorter, half-length pool noodles as their batons.
- ✓ Place soft mats or cushions behind each player for safety.

2. Objective

- ✓ On the “Go!” signal, players use their batons to gently push, pull, or nudge their opponent to knock them off balance.
- ✓ Warriors must stay steady on their own logs while trying to make their opponent step or fall off.
- ✓ The first player to lose their footing “falls into the swamp” and loses the round.





MOSQUITO BITE



Equipment: none! (pool noodle recommended)

Buzz into action—the giant mosquito is on the loose! It's fast, it's pesky, and it's looking for its next target. Can you outrun the buzzing menace before it catches you? Sprint, dodge, and laugh your way to safety before the mosquito lands its tickly bite. Get ready for a wild chase!



How to Play

1. Setup

- ✓ A parent or coach transforms into the giant mosquito by holding a pool noodle to their nose and making buzzing sounds.
- ✓ Mark a starting point where kids line up and a finish line 10–20 yards away.

2. Objective

- ✓ On the signal, the kids sprint toward the finish line while the mosquito chases after them, trying to “bite” (lightly tag) them with the noodle.
- ✓ If a child reaches the finish line untouched, they escape the mosquito's bite!
- ✓ If tagged, they can cheer on the others or join as mini-mosquito helpers for the next round.



PlayBoost™ Twist

- ✓ **Sneaky Swarm** – Start with one mosquito, but every tagged player becomes a mini-mosquito, making the chase even wilder!
- ✓ **Zig-Zag Sprint** – Add cones or obstacles along the path so players must weave their way to safety instead of running in a straight line.





MR. WOLF



Equipment: none!

Step closer, but be careful—Mr. (or Mrs.) Wolf might be getting hungry! Every step brings you closer, but when lunchtime strikes, you'll have to sprint for your life! Can you sneak up without getting caught, or will the Wolf chase you down for a snack? Get ready for a thrilling game of quick thinking, counting, and speed!



How to Play

1. Setup

- ✓ A parent or coach starts as Mr. or Mrs. Wolf, standing at the finish line with their back turned to the kids.
- ✓ The kids line up at the starting line, ready to approach the Wolf.

2. Objective

- ✓ The kids call out, “**What time is it, Mr. Wolf?**”
- ✓ The Wolf responds with a time (e.g., “Five o’clock”), and the kids take that many steps forward, counting out loud together.
- ✓ At any moment, the Wolf can yell, “**Lunchtime!**” and turn to chase the kids as they race back to the start line.
- ✓ Any kids tagged join the Wolf for the next round.





NINJA TAG



Equipment: none! (pool noodles are recommended)

Tap, dash, and disappear—it's time for Ninja Tag! One player must move with silent stealth, sneaking up on their target, while the other waits, ready to react in an instant. Can the Ninja strike and escape before being caught, or will the Chaser be fast enough to turn the tables? Only the quickest and cleverest will win this battle of speed and strategy!



How to Play

1. Setup

- ✓ Mark two lines on the ground, one for the Chaser and one for the Ninja, set a short distance apart.
- ✓ The Chaser starts at their line, facing away from the Ninja.
- ✓ The Ninja begins at the opposite line, quietly sneaking toward the Chaser.

2. Objective

- ✓ The Ninja must silently creep forward and tap the Chaser on the back.
- ✓ Once tapped, the Ninja sprints back toward their starting line.
- ✓ The Chaser spins around and tries to tag the Ninja before they reach safety.
- ✓ If the Ninja reaches their line without being tagged, they win! If tagged, the Chaser claims victory.



PlayBoost™ Twist

- ✓ **Obstacle Escape** – Scatter objects around the playing field. Ninjas must weave, dodge, and use their surroundings for cover while sneaking and escaping!



NOODLE KNIGHTS



Equipment: Masking/Painters Tape, Pool Noodles

Step into the jousting arena and immerse yourself in the world of medieval knights! In this playful duel, balance, coordination, and strategy are your weapons as you face off against your opponent. Do you have what it takes to hold your ground and claim the title of champion?



How to Play

1. Setup

- ✓ Create a jousting arena using a low balance beam or a line of masking tape on the ground as the battle zone.
- ✓ Craft two jousting poles by cutting a pool noodle in half and taping the halves together for extra durability.

2. Objective

- ✓ Two knights (players) face off, standing on the beam or line.
- ✓ Using their jousting poles, they gently aim to nudge their opponent off balance.
- ✓ Strikes must stay below the shoulders to ensure safety.
- ✓ The goal is to stay balanced while trying to displace the opponent from the beam or line.
- ✓ The knight who remains steady while their opponent wobbles off the line wins the round!





NOODLE MONSTER



Equipment: none! (pool noodle recommended)

Get ready for giggles and adventure as you outrun the wacky, noodle-wielding Noodle Monster! One player transforms into the silly, noodle-swinging monster, starting at their cozy monster lair. The other is a brave adventurer who's ready to escape the lair and dash to the safe zone to avoid getting noodled!



How to Play

- ✓ The chaser ('Noodle Monster') starts seated at a designated starting line, holding a shortened pool noodle. The 'adventurer' begins the game seated, facing the starting line, positioned a set distance ahead—typically about 5 yards, though this can be adjusted based on the adventurer's abilities.
- ✓ When the adventurer jumps to their feet and starts running, the Noodle Monster gives chase, trying to tag them with the noodle before they reach the safe zone or treasure trove.
- ✓ If the adventurer escapes, they secure their freedom and the treasure! If tagged, the Noodle Monster wins this round.





PLANET HOPPERS



Equipment: Colored Cones, Ball

Blast off into space for an intergalactic adventure! As brave astronauts, your mission is to navigate the galaxy, dribbling your way from planet to planet while dodging mischievous aliens and avoiding cosmic dangers. Will you reach each planet safely, or get caught in an asteroid field along the way? Suit up, space explorers—the countdown to adventure begins now!



How to Play

1. Setup

- ✓ Arrange cones of different colors in four corners of the play area to represent various planets.
- ✓ Each child has a soccer ball, ready to navigate the galaxy.

2. Objective

- ✓ The parent announces a planet by color (e.g., “Red Planet”), and the kids must dribble their soccer balls to the cone of that color.



PlayBoost™ Twist

- ✓ **Alien Encounter:** The parent plays the role of a mischievous alien, using pool noodles as wiggly arms. The kids must dribble around the alien without getting tagged as they travel between planets.
- ✓ **Galaxy Challenges:** Add obstacles like “asteroids” (dodgeballs rolled at their feet) or “black holes” (small areas to avoid) to make the journey more exciting.





PRISON ESCAPE



Equipment: none!

Get ready for a high-energy jailbreak adventure! The prison is on high alert—a sneaky prisoner is trying to escape, and it's up to the clever guards to stop them! Will the prisoner sneak past the watchful eyes of the guards, or will they be caught and sent back to their jail cell? Get ready for a game of quick thinking, daring escapes, and epic chases!



How to Play

1. Setup

- ✓ Build a “prison” using couch cushions, pillows, or any creative materials you have around. This will be the prisoner’s starting point.
- ✓ The kids take on the role of prison guards, standing ready to stop any escape attempts.
- ✓ A parent or one of the kids starts as the prisoner, locked inside the jail.

2. Objective

- ✓ The prisoner must sneak, crawl, or sprint to escape while the guards chase and try to catch them.
- ✓ If caught, the guards must work together to gently drag or guide the prisoner back to jail.
- ✓ The game resets, and a new round begins!



PlayBoost™ Twist

- ✓ **Obstacle Escape** – Change up the escape routes each time for added excitement—crawl under a “fence,” jump over “barbed wire,” or sneak out a “hidden tunnel.”
- ✓ **Spy Mode** – Add spy-style challenges like pretending to cut through imaginary lasers or tiptoeing to avoid detection.





PROTECT THE TREASURE



Equipment: Toys or Stuffed Animals

Ahoy, matey! The treasure is hidden, and a fearless guard stands watch—but a sneaky pirate is lurking, ready to snatch the loot! With only a few chances to steal, the pirate must be clever, fast, and tricky to outwit the Treasure Guard. Will the guard defend the treasure, or will the pirate sail away with the prize? The battle for the bounty begins now!



How to Play

1. Setup

- ✓ Place various objects (toys, balls, or stuffed animals) behind the child as the treasure.
- ✓ A parent or another child plays the pirate, starting a short distance away with three lives (or more, depending on skill level).
- ✓ Use cones, pool noodles, or any suitable household item to clearly mark a boundary that the treasure guard (child) must stay within while defending the treasure.

2. Objective

- ✓ The pirate's goal is to sneak past the Treasure Guard to grab the loot.
- ✓ The guard moves laterally to block the pirate from reaching the treasure.
- ✓ The pirate can use tricks like fake moves or dodging to get past the guard.
- ✓ If the guard successfully blocks the pirate, the pirate loses a life and resets to the starting point.
- ✓ The game ends when the pirate runs out of lives or successfully steals the treasure.



PlayBoost™ Twist

- ✓ **Hidden Treasure** – Instead of visible treasure, hide the loot under a cloth or inside a box, so the pirate has to guess where to grab!
- ✓ **Multiple Pirates** – Add a second pirate to make it a two-on-one challenge against the guard!





RED LIGHT/GREEN LIGHT



Equipment: none!

Rev your engines and hit the road in this exciting twist on a classic game! Players become drivers, navigating their way to the finish line while following traffic signals and fun surprises along the way. Can you drive safely and make it to the end?



How to Play

1. Setup

- ✓ Players line up at the starting line, ready to speed toward the finish line.
- ✓ A parent or coach acts as the **traffic controller**, calling out signals.

2. Objective

- ✓ **Green Light** – Players run forward.
- ✓ **Red Light** – Players must stop immediately.
- ✓ If a player is caught moving on **Red Light**, they must take three steps backward.
- ✓ Players continue driving until they reach the finish line, where they celebrate completing the journey!



PlayBoost™ Twist

- ✓ **Purple Light** – Add a surprise action! When the traffic controller calls “Purple Light,” players must perform a fun movement like a log roll, somersault, or dance party before continuing. Let the kids suggest new Purple Light actions for extra fun!





RESCUE THE BABIES



Equipment: Dolls or Stuffed Animals

Get ready for an exciting rescue mission! The babies are stranded, and only the bravest hero can save them! But beware—there's a playful animal guarding the path, ready to chase anyone who tries to sneak past. Can you outsmart the tricky creature and bring all the babies to safety before time runs out? The mission starts now!



How to Play

1. Setup

- ✓ Place the “babies” (dolls or stuffed animals) on one side of the play area.
- ✓ Mark a rescue zone on the opposite side.
- ✓ A parent or coach plays a chosen animal (e.g., a lion, bear, or silly chicken) standing in the middle of the play area.

2. Objective

- ✓ The child's mission is to rescue the babies by carrying them, one at a time, from the starting point to the rescue zone while avoiding being tagged by the parent-animal.
- ✓ The child must use clever moves, like dodging or juking, to escape capture.
- ✓ If tagged, they must return to the starting point before trying again.
- ✓ The game continues until all the babies are safely in the rescue zone!



PlayBoost™ Twist

- ✓ **Adventure Mode** – Add fun backstories! Are the babies trapped in a jungle, a cave, or a storm? Let the kids decide!





SNAKE JUMP



Equipment: Skipping Rope

Dare to dodge the slithering snake in this high-energy jumping challenge! The sneaky snake twists and turns across the ground, ready to strike—can you jump high enough to avoid its bite? Start slow, then test your reflexes as the snake moves faster and faster. Will you outjump the snake all the way to Level 10? Let the adventure begin!



How to Play

1. Setup

- ✓ One or two players hold a skipping rope at ground level and wiggle it gently to mimic a snake's slithering motion.

2. Objective

- ✓ Kids take turns jumping over the snake, starting at a slow and steady pace for Level 1.
- ✓ With each level, increase the challenge by swinging the snake faster or farther across the jumping zone, all the way up to Level 10!





SNEAKY SPIES



Equipment: Phone Camera

Your mission, should you choose to accept it, is to sneak past the security camera without being detected! As top-secret spies, you'll need to use stealth, speed, and creativity to dodge, jump, and hide before the camera catches you. Stay low, move fast, and disappear just in time—can you complete the mission without getting caught?



How to Play

1. Setup

- ✓ Set up a phone with a camera on a 3- or 5-second self-timer in selfie mode.
- ✓ Arrange obstacles at various distances and heights for players to hide behind.

2. Objective

- ✓ All players start near the phone. When one player presses the shutter button, the countdown begins!
- ✓ As the timer ticks down, everyone races to hide behind the obstacles before the camera snaps the photo.
- ✓ Once the photo is taken, check the image to see who successfully hid and who got “caught” in the frame.



PlayBoost™ Twist

- ✓ **Stealth Moves** – Encourage players to use creative spy moves like rolls, jumps, or crawls to reach their hiding spots.
- ✓ **Laser Maze** – Add “laser beams” (string or tape) to crawl under or “high walls” to leap over for extra excitement.





SQUASH THE BUGS



Equipment: Balloons, Balls

Get ready to save the world from an invasion of giant poisonous bugs! Armed with their trusty tennis balls, kids become heroic bug squashers, launching a full-scale attack on the creepy crawlers invading their space. With every well-aimed throw, the bugs fall one by one—but can they squash them all before it's too late? The fate of the planet is in their hands!



How to Play

1. Setup

- ✓ Tape balloons (the bugs) to a fence, tree, or wall, creating a swarm of targets for players to squash.
- ✓ Equip each player with tennis balls as their **bug-busting weapon**.

2. Objective

- ✓ Players throw tennis balls to hit, knock down, or pop the balloon bugs.
- ✓ The game can be played in different **mission modes**:
 - **Mission 1:** The world is saved when every bug is squashed—keep throwing until all balloons are hit!
 - **Mission 2:** Each squashed bug earns 5 points. Set a target score to achieve victory.
 - **Mission 3:** Players create their own challenges, like squashing bugs in a specific order or under a time limit.





STOP THE PIRATES



Equipment: Balls, Stuffed Animals

Ahoy, mateys! The treasure is under attack—pirates are closing in, and only the bravest defenders can stop them! With cannonballs at the ready, it's time to aim, fire, and send those sneaky pirates splashing back into the sea. Will you be the hero who protects the treasure, or will the pirates take over? The battle begins now!



How to Play

1. Setup

- ✓ Arrange stuffed animals (the pirates) at various heights on tables, chairs, or stacks of pillows to represent pirate ships.
- ✓ Provide each player with cannonballs (foam balls, tennis balls, or any soft throwable objects).

2. Objective

- ✓ Players take turns or play together, aiming and launching their cannonballs to sink the pirate ships.
- ✓ The goal is to knock down as many pirates as possible to defend the treasure.
- ✓ Continue until all the pirates are knocked off their ships!



PlayBoost™ Twist

- ✓ **Pirate Tiers** – Assign point values to pirates based on their ship's height—higher pirates are harder to hit and worth more points!
- ✓ **Timed Attack** – Set a timer and see how many pirates the kids can sink before time runs out.





STUFFIE HIDE & SEEK



Equipment: Stuffed Animals, Cones

The sneaky treasure keepers have hidden the stuffies all around, and it's up to you to race through the land, search high and low, and uncover every last one. Let the treasure hunt begin!




How to Play

1. Setup

- ✓ Hide small stuffed animals (stuffies) under cones scattered across the play area.
- ✓ If possible, ensure the number of stuffies matches the number of players.

2. Objective

- ✓ Kids run around, checking under cones to uncover the hidden stuffies.
- ✓ Once all the stuffies are found, let the kids take turns hiding them for their friends—it's just as fun to be the hider as the seeker!
- ✓ Optional timer challenge: Add excitement by setting a time limit. Players can race to beat their best time or compete to find the most stuffies the fastest.
- ✓ In group play mode, ensure every child has a stuffie to find, encouraging teamwork and active participation.

 **PRO TIP:** Stock up on small, affordable stuffies from second-hand sources like Facebook Marketplace—they fit perfectly under cones and are budget-friendly! walls” to leap over for extra excitement.





TICKLE THE BEAR



Equipment: none!

Shhh... the great bear is deep in hibernation, dreaming of honey and warm sunshine. But can you sneak into its den without waking it? Step lightly, move carefully, and give the bear a tiny tickle—just enough to stir it from its slumber! But watch out! Once the bear wakes up, it's on the prowl, ready to chase you all the way back to safety! Will you escape in time, or will the bear catch its playful intruder?



How to Play

1. Setup

- ✓ A parent or coach pretends to be a sleeping bear, lying on the ground in a designated den.
- ✓ The kids start at a safe distance from the den.

2. Objective

- ✓ The kids must sneak toward the bear without making too much noise.
- ✓ Once close, they wake the bear by giving it a gentle tickle.
- ✓ As soon as the bear wakes, it growls loudly and chases the kids back to a starting line or a designated safe zone (such as a crash mat).



PlayBoost™ Twist

- ✓ **Choose Your Creature:** Let the kids take turns picking a different hibernating animal—maybe it's a sleepy dragon, a grumpy lion, or a snoring dinosaur!
- ✓ **Role Reversal:** Give the kids a chance to play the bear, with the parent or coach trying to wake them up.





UNICORN RACE



Equipment: Cones

Gallop into action as a fleet-footed unicorn in this magical relay race! With their shimmering horns in hand, young unicorns must dash, balance, and deliver their horns to the enchanted rings before sprinting to the finish line. Can you complete the challenge and prove you're the fastest unicorn in the land? Let the race begin!



How to Play

1. Setup

- ✓ Create a lane for each participant with three rings (or cones) spaced out on the ground.
- ✓ Place three cones at the starting line of each lane—these are the unicorn horns.

2. Objective

- ✓ At the starting line, kids pick up the first cone and hold it on their head like a unicorn horn.
- ✓ They run to the first ring, carefully place the cone inside, and sprint back to the start. (If you don't have rings, they can place the unicorn horns on cones instead.)
- ✓ Repeat by grabbing the second cone and delivering it to the second ring.
- ✓ Finally, take the third cone to the last ring.
- ✓ After placing the third cone, kids race back to the finish line to complete the challenge!





PlayBoost™ Deck

Game Instructions

Visit our website for more

www.playboost.com

SCAN ME

