

Hide & Seek

This is a favourite and familiar game that can be played over and over again. It's a great way to develop social skills and positive relationships with others.

Age Group: All ages

Activity instructions:

Here's a bunch of variations to the game Hide & Seek

Standard Hide & Seek

One person is the “seeker” and everybody else are the “hidiers”. The seeker closes their eyes and counts to an agreed upon number (i.e. 50). When the counting is done, the seeker opens their eyes and says “Ready or not, here I come” and the seeking begins. Once a hider is found, they will go to a designated spot until everyone has been discovered.

Sardines

This is “Hide & Seek” in reverse. One person is the “hider” and everybody else are the “seekers”. Everyone except the hider close their eyes and count. When the counting is done, all the seekers scatter and start searching for the hider. If one player finds the hider, then they join them in their hiding position. When the next person finds the two hidiers, they join them etc. When the game is over, everyone is squished into the hiding place like a can of sardines!

Hide Teddy

There are a few ways to play this game. Create a team of hidiers and another team of seekers. Hidiers hide their stuffed toy and time the seekers. Another way is to have one person hide the toy and everyone else go seeking. You can add a “hotter/colder” aspect to the game. The closer the seeker gets to the toy the “hotter” it gets to be found.

