Red Light – Green Light

A procedural children’s book: written, photographed, and created by Brianne Grane

Realize. We can all make a difference.
A note to parents, teachers, and caregivers:

Why health literacy?

The development of fundamental movement skills, and fundamental sport skills, is critical if children are to feel confident when they engage in physical activity for fun and for health, or for competition and the pursuit of excellence.

Why this game in this form?

This book is written in procedural form to introduce and teach children how to play this game. This game will hopefully encourage children to take part in physical activity and learn new skill development in a healthy, safe, and fun environment.
Time to play Red–Light Green-Light

To play Red-light Green-light, at least 6-10 individuals are needed. One person will be designated as the “traffic light”.
The “traffic light” will stand 10-15 metres in front of the other players.
To begin the game, the “traffic light” will call out “green light”, and all players will run towards the leader.
The object of the game is to be the first person to reach the "traffic light".
The “traffic light” can call out “green light” as often as they want.
As long as “green light” is being called, the runners move forward on.
You can hop, gallop, or you can jump towards the front, instead of running.

Remember to be careful and watch out for other players.
When you hear “red light” stop as quickly as possible!
The last person to stop moving will take a few giant steps backward.

This will give the other players an advantage!
If you are the first person to reach the “traffic light”, a new game will start and you become the new “traffic light”.
This book was designed to help your child gain a love for participating in sports and physical activity. Red Light – Green Light helps develop locomotion, movement, and interaction skills such as running, skipping, galloping, and stop/start quickness. The method of locomotion can vary through hopping or jumping instead of running. This game also helps develop social skills and respect for rules and listening.
Title: Red Light – Green Light

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Brianne Grane was born and raised in Regina, Saskatchewan. She is currently studying in the faculty of Kinesiology and Health Studies at the University of Regina.

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Resource: Children in Sport: A Fundamental skills development program

SaskSport, Inc., A Resource Manual for Sport Leaders
A special thanks to Mrs. Craddock’s Grade 4 class at Henry Braun School.

Thank you.