

Zap Game

This game is similar to redlight/greenlight. One person stands at the front. Everyone else is lined up side to side several feet back from the leader in the front. The leader says one of four stages of complete metamorphosis (egg, larva, pupa, or adult). Depending on which stage they say, the movements the other participants make will vary (see below). For the two stages where they can move, the leader says “Zap” for participants to stop. When one of the players tags the leader they become the leader for the next round.

Variations include creating a spinner with all of the stages on it, so the leader has to use the stages the spinner lands on rather than choosing which stage they want. This may give players more chances to move forward.

The leader could use the terminology of a butterfly for the stages (egg, caterpillar, chrysalis, butterfly).

