

Play Flag Tag

Catch me if you can! Help your child get some fresh air and exercise with this fast-paced twist on the classic game of tag. The rules are simple: players try to pull the flags from others' belts while preventing their flags from being taken. As they alternately chase and flee during play, participants will get some good cardiovascular exercise, strengthening their muscles, heart, and lungs. And if you don't already own flag belts (who does?), you can make your own with just a few inexpensive materials from the craft store.

What You Need:

- 4 or more players
- 1 flag per player
- Large flat area

For do-it-yourself flags:

- Roll of 1 1/2" wide grosgrain ribbon
- Adhesive-backed Velcro strips
- Scissors
- Fabric markers (optional)

What You Do:

1. To make your own flag belt, cut a length of grosgrain ribbon to fit your child's waist.
2. Attach a strip of adhesive-backed Velcro to either end of the ribbon belt to create a closure.
3. Cut two or three 12" lengths of ribbon. Attach the ribbon flags to the belt with Velcro by placing one part of the Velcro on the ribbon flag and the other on the belt and press together. Make sure the flags are spaced evenly across the belt.
4. Have your child decorate his flag belt with fabric markers (optional).
5. Repeat steps 1-4 to until each player has a flag belt.
6. To start the game, have each player put on his flag belt.
7. Divide the players into teams. To make it easier to distinguish one team from another, have the teams wear different colors. Alternatively, you can play without teams and have each player on his own.
8. Explain the rules of the game to the players: each player must try to pull the flags from other players' belts. If a player loses a flag, it must remain removed from his belt until the end of the round. When a player loses all his flags, he is eliminated from the round.
9. Begin play. Let play continue until all the players from one team are eliminated. If you aren't playing with teams, play until only one person with a flag remains.

Your DIY flags are good for many different uses other than tag—use them for Capture the Flag, flag football, or another similar team-based game.

