



KidsRUN RVA



Activity: Mother May I?

Directions:

- Assign one person as the "Mother" but as the game goes on you can take turns playing mother.
- Whoever is designated Mother stands at one end of the room/yard and faces away from the players, who are on the other end of the room/yard (but close enough to hear and be heard by Mother).
- The players take turns asking "Mother, may I ___?" Suggestions can be found below but feel free to create your own!
- If the answer is yes, the player is allowed to make whatever movement they requested towards the Mother.
- If the answer is no, the person playing mother makes an alternative suggestion, by saying, "No you may not do that, but you may ____." The Mother uses this answer if players are reaching her too quickly. Suggestions can be found below but you can create your own too!
- The players continue taking turns and the first one to reach the other end of the room wins and becomes the Mother.
- Suggestions for making "Mother May I?" requests:
 - Take ___ steps forward
 - Take ___ giant steps forward (a small number)
 - Take ___ baby steps forward (a large number)
 - Hop forward like a frog ___ times
 - Run forward for ___ seconds
 - Crabwalk forward for ___ seconds
 - Take open-and-shut steps ___ times (jump forward with feet apart, then bring the feet together)
 - Do a lamppost (lie face down, stretch arms forward, and then bring your feet to the point reached by the fingertips)
 - Other suggestions are Scissor steps, jumping jack steps, karate steps, and jump steps.
- Suggestions if Mother answers, "No, you may not, but you may ____":
 - Take fewer steps (Instead of granting permission for five steps, allow two).
 - Take ___ steps backward
 - Run backward for ___ seconds (Mother does the counting.)
 - Walk backwards ___ steps (Or until Mother says, "Stop!")
 - Return to the starting line (Can be used in for players who are not observing the rules.)

Have questions? Email us: KidsRunRVA@sportsbackers.org

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