

# HIDE AND SEEK

Depending on the size of your backyard, hide and seek is a great way for your kids to run and explore but within the safety of your own home. This game becomes more challenging and interesting if you combine it with the indoors of your home. Depending on the age of your kids, you may need to set some guidelines or rules in place so that no one gets lost or hurt during the game.

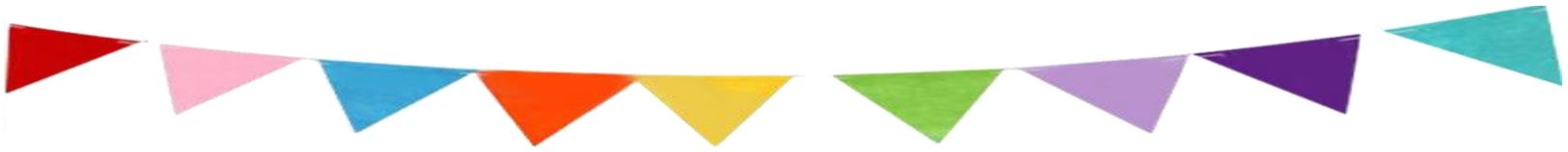
## Traditional Game Instructions:

### Setting up the game:

- **Select the players.** The first thing you need to do to play "Hide and Seek" is to recruit players. At least two players are needed to play the game. Naturally, however, the more players you have, the better.
  - If you have players of different ages, take this into consideration. Younger players can fit more places, but they sometimes choose less-than-brilliant places to hide and don't have the longest of attention spans.
- **Set down rules.** If you do not set down rules, you will have people running to places that shouldn't be hidden in -- either antiques end up breaking or private places get intruded upon -- or someone gets stuck in a washing machine. And, people may run outside when everybody's inside. Block off rooms like the attic, parents' bedrooms, any room that holds heirlooms, and bedrooms. Or let people hide in those places, just say things like, "All right, you are allowed to hide in my bedroom, just don't mess up the bed and put everything back in its place."
  - Make sure everyone stays safe. You don't want your friends falling out of trees or climbing onto the roof. Make a rule to only hide in places two people could fit or to hide in a place everyone would/can go.
  - We'll talk about game variations in a bit. But for now, set down the ground rules -- who's hiding, who's seeking, where to hide, how long you get to hide, etc.
- **Find a suitable location.** An outdoor location works best, although indoors is fine for rainy days. It will be necessary to set boundaries for hiding or you will have players running off to too many far-off locations. It's not called Run a Mile and Go Seek!
  - If you're playing with your parents around, make sure they know what's going on. They may not want you hiding in the cobwebs of the garage, under the porch, or they may not want to jump in the shower to already find you in it.
  - Try to play in different places every time. If you do it in the same spot (different games, not rounds) then people will remember the good places and search there first.

### Playing the Game:

- **Determine who will be "It."** Working out who is "It" can be done a variety of ways, for instance: the youngest person might be "It" first; or the person whose birthday is next might be "It" first; or use an elimination word game, such as "One Potato, Two Potato" or similar game. Or just pick a number out of a hat, and #1 is "It".
  - If one person is older than the rest, they might make a natural "It." The younger you are, the more frustrated you could get with people who are really good hidiers. Older people have longer attention spans and can think outside of the box better than their younger counterparts.

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- **Begin the game.** Once the person who will be "It" has been chosen, he or she stays at home base, closes his or her eyes and begins counting out loud to a decided number at a steady pace. Or they could say a rhyme or sing a song. Anything that kills some time so everyone else can go hide! Make sure to establish this first and that everybody knows how long they have!
    - Make sure they're not cheating! The person who is "It" needs to have their eyes closed, hands over their eyes, and preferably facing a corner. No peeking!
  - **Go hide!** All of the players who are not "It" should run off and quietly hide from the player who is counting. The person who is "It" is not allowed to peek at the players hiding from him or her. Make sure you're quiet as you're hiding or "It" can use his or her ears to tell the general direction you went.
    - Once you hit your spot, be silent and still. You don't want to give yourself up once you're hidden! If you're noisy, even the best hiding spot won't conceal you.
  - **Begin the seeking.** Once the player who is "It" has finished counting, he or she yells "Ready or not, here I come!" At this point, they must try to find all of the other players who have hidden. Be sure to look with your eyes and listen with your ears, seeker! When you see them, be sure to tag them. If you are hiding and "It" is close to discover you, move deftly. Crawling or slithering are the best options. However, if it is too late, be still and silent. The "It" can actually overlook you and go away.
    - The players who are hiding **can** move or switch hiding places, if they so choose. It's a good idea to change positions and go hide in a place the seeker has *already looked*. That's called *strategy*.
    - If some of the hidden players do not return home before a predetermined period of time or they can't be found, the person who is "It" should give the universal "all clear" signal. Yell, "Olly, olly oxen free!" That way they know it's safe to come back.
  - **Change the person who is "It."** The player who gets found first becomes "It" in the next round of the game. You could play it that once one person is found it's the next round, or you could play it that everyone has to be found before the next round can begin.
    - You could set time limits on it, too. If the person who is seeking doesn't meet the time limit in 3 tries (for example), switch seekers anyway. Give everyone a chance to hide!

#### **Virtual Hide & Seek Instructions:**

- While remaining seated at the table, in the car, etc. one person thinks of a hiding place somewhere in their house and "virtually" hides
- The others take turns guessing where he or she could be hiding
  - For example: Upstairs under Mom's bed. Or in the front hall closet behind coats. (Be realistic, no hiding in cookie jars!)
- Everyone gets 3 guesses to find the hider
- The first person to "find" the hider gets to "hide" during the next round
- If no one finds the hider after 3 rounds, he or she gets to pick the next person to "hide"