Flashlight tag is a sensory activity that engages gross motor skills, patience, perception, and visual motor skills. This activity teaches children a new way of perceiving things, because their eyes have to adjust to a dark setting, and they have to learn how to see things using only light that’s coming from a flashlight. It also teaches them simple lessons like taking turns and following rules.

**Directions:** Wait until nighttime for outdoor or indoor play. If you want to play indoors you need to turn off all the lights, except one or two, but be careful because there are more things to run into indoors!

1. **Gather Supplies:**  
   • Flashlight

2. Pick the person who will be “it”. You can play rock, paper, scissors to decide who it will be!
Whoever “it” is gets the flashlight and should turn to face a wall or cover their eyes and count to 30. If you can’t count to 30, sing your favorite song all the way through then say, “Ready or not, here I come!” Everyone else who is playing has this time to hide!

Once you’ve counted or sung your song, you can turn around or uncover your eyes and try to find your friends using your flashlight! Your friends can stay hidden or run and hide in different places, but if you catch them with your flashlight, they’re it!

When you’ve found or caught a friend with your flashlight the game starts over. Give your flashlight to the person you caught. Now it’s your turn to hide!