

### Fast or Slow

Before you begin, make *fast* and *slow* flags by printing the FAST and SLOW sheets and taping them to craft sticks or popsicle sticks.

How to Play:

- 1) The leader signs an action word (swing, climb, dance, spin, jump, spin, march, etc.) The players do the action.
- 2) The leader holds up the *fast* or *slow* flag and the players do the action fast or slow according to the leader's flag.
- 3) Then the leader signs a new action word and/or switches the *fast* and *slow* flags.
- 4) Take turns either being the leader who signs, or the player doing the actions.

Variation for large groups (this game is similar to Red light, Green light):

- 1) Choose a leader. This person will be the one that signs the action word and holds up the *fast* or *slow* flag.
- 2) Have everyone else line up next to each other about 10 feet to 20 feet away from the leader.
- 3) When the leader cues the action by signing, the players do the action while advancing toward the leader. Players advance *fast* or *slow* depending on which flag is held up by the leader.
- 4) The leader signs a new action word to cue players to do a new action. The leader picks up a *fast* or *slow* flag to tell the players the speed of the action.
- 5) The first person to reach the leader becomes the new leader and the game repeats.



SLOW!



FAST!

