



AMOEBAS TAG

Participants

Any number of participants.

Time Allotment

5+ Minutes

Activity Level

Low

Materials

No materials required

Method

This is played like regular tag with additional rules.

- 2 participants are it to start the game and they must stay linked together as they chase people around. When another participant is tagged they must attach to the “it” team and continue to chase other participants around to tag them.
- Once the Amoeba becomes 4 “it” participants they may split into multiple groups but they must stay in even numbered groups. 2, 4, 6, 8, etc. At any time the “it” participants can reattach to the main group to form a larger Amoeba or stay in smaller groups of 2.
- The game continues until all participants are part of the Amoeba.

Coaching Tip(s)

- Closely watch the participants and gauge regulation needs based on the level of dysregulation observed.
- Regulation Modification Options: Use the option most appropriate for the youth’s level of regulation:
 - Whenever a participant is tagged they must regulate prior to becoming part of the Amoeba.
 - Whenever the Amoeba wants to split into multiple Amoebas the splitting pair has to do a regulation technique prior to running their own Amoeba team.