**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!