



# POWER TO THE PAINTER, POWER TO THE COLOR

Let's play and have some serious fun!

## How to play

- Put various position markers on the ground.
- Two players (the painter and the color) stand facing each other, two meters apart, on position markers. Their respective bases will be behind them, at the same distance from each player.
- The Gran Maestro decides who gets the power. If he says, "Power to the painter", the painter immediately runs towards the color player and tries to tag them before they reach their base (the safe zone behind the position marker) and are safe.
- Conversely, if the Gran Maestro calls out "Power to the color", the painter has to run back to their base without being caught.
- Alternate roles during the game so that everyone gets a chance to be painter, color, and Gran Maestro!

### HOW

In a play area with  
4-6 position markers  
(boxes or similar objects).

### WHO

3+ players  
Basic game  
and variations 1-2: 5+  
Variations 3-4: 7+

### WHERE

At home (big,  
obstacle-free room, terrace)  
or preferably outdoors  
(garden, yard, park).

## One game leads to another

- 1 Vary the starting position**  
Change your position as you wait for the Gran Maestro's order, it must be the same for both players (standing up, sitting down, lying on your belly/back, etc.).
- 2 Vary how you move**  
Each time decide together how you are going to move when running away/chasing (running forward/backward, galloping, jumping, etc.).
- 3 Invert power!**  
Be careful, the Gran Maestro wants to make things tough for you! This time what he says is the opposite of what he means: so, "Power to the painter!", really means the painter has to run and the color has the power to chase them. Don't get muddled!
- 4 Guess who has the power?**  
The Gran Maestro wants to put you to the test. This time he will no longer say "Power to the painter" or "Power to the color", he will call out a word that is associated with either the painter or a color. The player with the power chases their opponent. Here are some examples: "Power to the brush", "Power to the drawing" to indicate the painter; "Power to yellow", "Power to blue" to indicate color. Make up your own word associations.

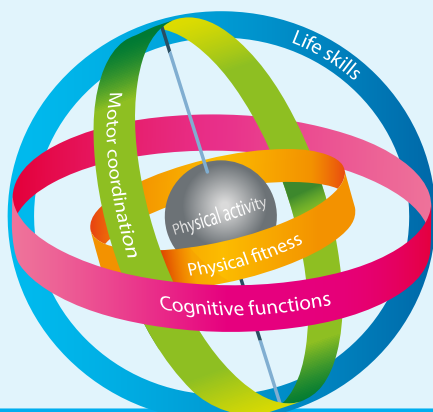
# How the game becomes a story

The family storyteller can start like this: "A long time ago, the Gran Maestro of the Arts controlled painters and colors with his magic! Whenever he wanted, the Gran Maestro could decide whether to give "Power to the painter!" or "Power to the color!" Whoever received the power had to chase and catch the other player in order to retain it. But the Gran Maestro, who was also the Grand Joker, had fun keeping them on their toes, constantly changing the power... because he wanted an original painting, made by the art of the painter and the force of color. Naturally, the result was a masterpiece!" Now continue the story using your imagination...

## Fun games for a joyful growth

### Joy of moving method

This game is inspired by the scientifically recognized Joy of moving educational method that encourages children to get moving through play and enables them to improve or acquire skills in an engaging and joyful way. The games challenge your kids by training the 4 rings which are fundamental for their growth, ranging from physical fitness and motor coordination to cognitive functions and life skills.



### Getting inside the game

With its sprints from a variety of positions, this game brings into play muscle fitness and flexibility of the joints of the arms, legs, and core of the body, as well as flexibility of the core of the mind (core executive functions) for the children to adapt to the continuous switching roles between painter and color. The different gaits required for running away or chasing (running, galloping, hopping) bring into play different motor skills, that is, the brain's ability to organize varied movements, and the skills that the child uses to regulate their behavior and reach the goal. Stroke after stroke of color, here we have painted the educational path of this game, whose reach ranges from physical to mental fitness, from motor to life skills.

## Put your own twist on the game and build a play community

Try elaborating this game. You can add bases on the sidelines (e.g. the canvas and the brush) at the same distance from each player. How can you use these two new bases when the Gran Maestro calls out "Power to..."? Try introducing a new rule and see what strategies you can come up with for these extra bases!

Share with others your family playtime moments  
by tagging [@kinderjoyofmoving](https://www.instagram.com/kinderjoyofmoving) and using [#kinderjoyofmoving](https://www.instagram.com/kinderjoyofmoving)  
we have more fun together!

## Growing up active, growing up happy!

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