

Kids' Birthday Party — Games & Activities

A printable play-by-play from PopPop Events · poppop.events · (728) 235-3126

Print this list, check off your favorites, and you've got the party handled. Aim for 4–6 games plus 1–2 open activity stations for a 2-hour party. We'll bring the balloon decor that makes it all photo-ready.

Games (with how-to-play)

- 1. Musical Chairs** — *Materials: chairs, music.* Arrange chairs in a circle, one fewer than the number of kids. Play music while everyone walks around; stop it suddenly and everyone grabs a seat. Whoever is left standing is gently out — remove one chair each round until a champion remains.
 - 2. Freeze Dance** — *Materials: music.* Kids dance while the music plays; pause it without warning and everyone must freeze. Anyone who moves sits out the round. Last dancer standing wins.
 - 3. Pin the Tail (Theme Edition)** — *Materials: poster, blindfold, tape, pieces.* Tape a poster to the wall. Blindfold each child, spin once, and let them stick their piece. Write each child's name where they landed; closest to the target wins.
 - 4. Backyard Scavenger Hunt** — *Materials: 8–10 hidden items or picture clues, checklists.* Hide items around the yard and hand out lists (picture cards for little ones). Teams for big kids, together for toddlers. Finish at a treasure box of favors.
 - 5. Relay Races** — *Materials: spoons & eggs, sacks, or balloons.* Two teams race classics: balloon-between-the-knees waddle, spoon-and-egg carry, or sack hop to a marker and back. First team all finished wins.
 - 6. Balloon Stomp** (ages 5+) — *Materials: balloons, ribbon.* Tie a balloon to each child's ankle. On "go," everyone tries to stomp others' balloons while protecting their own. Last un-popped balloon wins.
 - 7. Limbo** — *Materials: pool noodle or ribbon, music.* Two helpers hold the bar while kids shimmy under without touching it or falling. Lower each round; last to clear wins.
 - 8. Parachute Play** (great for toddlers) — *Materials: play parachute or bedsheet, light balls.* Everyone waves the parachute up and down, then bounces balls on top ("popcorn"). Add "all change" where kids swap sides underneath.
 - 9. Treasure Hunt with Clues** — *Materials: 5–6 written or picture clues, treasure.* Each clue leads to the next spot, ending at hidden favors. Reading clues for older kids; picture clues + a guide for little ones.
 - 10. Bubble Chase** — *Materials: bubble machine or wands.* Blow giant bubbles while kids race to pop them. Zero setup and a perfect calm-down between high-energy games.
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Activity Stations (set-and-forget)

- **Craft Station** — stickers, markers, foam shapes, paper crowns/masks for a take-home keepsake.
 - **Cookie or Cupcake Decorating** — plain cookies/cupcakes, frosting, sprinkles. Activity + treat + favor in one.
 - **Bubble Station** — wands, a machine, and giant-bubble loops in one corner.
 - **Face Painting or Glitter Tattoos** — a few simple designs, or mess-free stick-on tattoos.
 - **Make-Your-Own Favor** — a bracelet, decorated treat bag, or mini slime jar kids keep.
 - **Photo Booth Corner** — a balloon backdrop + props (hats, signs, big glasses) for keepsake photos.
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Sample 2-Hour Party Timeline

- **0:00–0:20** Arrivals + Craft Station (keeps early kids busy)
- **0:20–0:50** Games block 1 (Freeze Dance, Relay Races, Limbo)
- **0:50–1:05** Cookie/cupcake decorating
- **1:05–1:30** Games block 2 (Scavenger Hunt or Treasure Hunt, Balloon Stomp)
- **1:30–1:50** Cake + happy birthday + photos at the balloon backdrop
- **1:50–2:00** Favors + goodbyes

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