

# Floor Activities

## Things you need:

- Painters Tape
- Rice
- Ziploc Bag

## Activity 1: Hopscotch

### Set up:

Create a diagram with eight – ten sections and number them. See below for examples of layouts you can use.

### How to play:

- Each player has a marker such as a stone, beanbag etc.  
(For younger children, simply hopping across the signal vs double squares can provide hours of fun!)
- The first player stands behind the starting line to toss their marker in square one
- Hop over square one to square two and then continue hopping to square eight, turn around, and hop back again.
- Pause in square two to pick up the marker, hop in square one, and out.
- Then continue by tossing the stone in square two.
- All hopping is done on one foot unless the hopscotch design is such that two squares are side-by-side.
- Then two feet can be placed down with one in each square.
- A player must always hop over any square where a marker has been placed.
- Getting out: A player is out if the marker fails to land in the proper square, the hopper steps on a line, the hopper loses balance when bending over to pick up the marker and puts a second hand or foot down, the hopper goes into a square where a marker is, or if a player puts two feet down in a single box.
- The player puts the marker in the square where he or she will resume playing on the next turn, and the next player begins.

## Activity 2 Can you?

### Set up:

Use the painter's tape and start taping a variety of shapes, letters, and numbers onto the floor – get creative.

### How to play:

Have your child stand on their favorite one and then give them instructions to follow that will lead them to their next destination.

Examples to use:

- Bear crawl to the square
- Hop like a frog to the letter A
- Run to the rectangle.

This is a great game as it keeps your child moving, but also lets them learn their shapes, letters and numbers.

## Activity 3: Line Jump

### Set up:

Using the painter's tape, make 5-10 separate lines of tape, each about a foot apart.

### How to play:

Label the first one the "start" line and then have your child follow simple instructions such as:

- **Long jump:** See how many lines you can jump over. Have them try and beat their best score each time. Experiment with arm swinging vs. arms behind their backs.
- **Run and Jump:** Have your child take a running start and see if they can jump even further!
- **Long Jump Backwards:** Increase the difficulty by performing the tasks jumping backwards.
- **Reach and stretch:** How far can their leg reach with one foot on the "start" line?
- **Hop:** How far can they jump on one leg?

## Activity 4: Tightrope walk

### Set up:

Using painters tape, tape different types of lines, or zigzags onto the floor

### How to play:

- Have your child start feeling out their balance by walking sideways across the line.
- Once their comfortable, have him try walking forward practicing stepping the heel of one foot in front of the toes of the other foot.
- After some practice, try variations to challenge their balance and coordination.
  - o Try this:
    - o Can you walk on the line backwards?
    - o Try placing toys or objects at a few points along the line – can you hop over them?
    - o Can you try a cartwheel or somersault on the line?

## Activity 5: Floor is Lava!

### Set up:

- Set up pillows or blankets on the floor and let your child jump from one to another
- For younger children: instead of using pillows or obstacles to avoid the lava, use a marker and draw letters or numbers onto large pieces of paper. Spread them out randomly on the floor spaced out one to two feet apart. Call out a letter (or number) and challenge your child to find it and jump to it.

### How to play:

- Someone walks into a room and casually shouts, “Floor is lava!”
- Everyone has 5 seconds to get both feet off the ground in any way possible.
- At the end of 5 seconds, if someone still has any contact with the ground they lose.
- If everyone successfully gets off the ground, life simply resumes as normal...until next time!

Now challenge your child to reach a certain place without touching the ground.