



HOT POTATO

Keep it off the ground!

A-Z



HOW TO PLAY GET THROWING!

- > Roll up your socks and make it into a ball
- > Ouch! It's a hot potato!
- > Pass it on to someone else in the house!
- > See how long you can keep it off the ground!

SUITABLE FOR: All ages

TAKES: 20-30 minutes



YOU WILL NEED:

- > Socks



REMEMBER



You can pass it on to family members or make a film of you throwing/catching the 'potato' and virtually pass it on to a friend - get them to do the same and share the films!

SAFETY...

As with any activity consider the space and make sure you have enough room



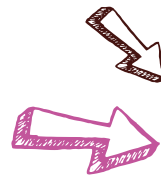
Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthHome



CHALLENGE!

Do it whilst dancing to a song and carry on until the song finishes!



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For more fun activities visit:
JUMPATHOME.ORG

