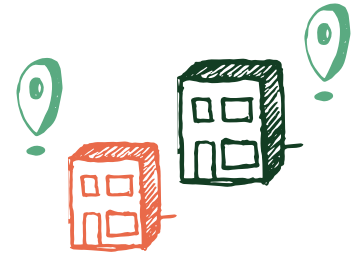




LAVA LEAP

Can you jump over the lava to the safe rocks?

A-Z



HOW TO PLAY DONT FALL IN THE LAVA!

- > Scatter the cushions and pillows all over the floor - these will be your safe rocks!
- > Make sure there's enough space for good jumps from one safe rock to another
- > To start each player chooses and stands on their own safe rock
- > Take it in turns to leap across the lava to different safe rocks
- > Get an adult to help you choose which rock you need to get to
- > If you fall in the lava you lose your life!
- > If only 1 foot falls in, you can carry on but have to hop for the next round!

SUITABLE FOR: All ages

TAKES: 20-30 minutes



YOU WILL NEED:

- > Floor space (lava!)
- > Different coloured cushions and pillows (safe rocks!)
- > You could also use different t-shirts the floor



SAFETY...

As with any activity consider the space e.g. may need to move tables and chairs



REMEMBER

If there is a long leap, then your teammates can try and help by catching you on their safe rock.

Last one standing wins the game!



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 #JUMPAthome



CHALLENGE!

Try different leaps! Maybe two feet together or a spin in the air!

