



# THE FLOOR IS LAVA

Use your imagination to pretend that the floor is red hot lava!



A-Z



## HOW TO PLAY DONT FALL IN THE LAVA!

- > Someone shouts "the floor is lava!"
- > Everybody has to get their feet off the floor!
- > You could stand on a rug, chair, anything! As long as your feet don't touch the floor!!

**SUITABLE FOR:** All ages

**TAKES:** 20-30 minutes



**YOU WILL NEED:**

> Household furniture



**REMEMBER** This can be fun for all the family!



**SAFETY...**

Careful when climbing on furniture!



### 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!

You could dance to your favourite tunes and then shout, "the floor is lava!"



ju:MP@HOME



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