



BUNNY HOP

Can you be the quickest bunny?

A-Z



HOW TO PLAY GO FOR IT!



- > How many bunny hops can you do in 10 seconds with a balloon between your legs?
- > How many bunny hops can you do in 10 seconds with a football between your legs?
- > How many bunny hops can you do in 10 seconds with a soft toy between your legs?

SUITABLE FOR: All ages

TAKES: 20-30 minutes



YOU WILL NEED:

- > Floor space for lots of bunny hops!
- > Objects to hop with between your legs such as a balloon, football or large toy!



REMEMBER

This is a family activity so more than one person can bunny hop at the same time!



SAFETY...

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



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!

Can you bunny hop race with someone from one end of a room to the other? See who can do it the fastest!



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For more fun activities visit:
JUMPATHOME.ORG

