



Family Activities

May Week 1: Low Box Jumping

Equipment

3-4 low boxes, about 3-4" high and wide and long enough to hold a child's foot.

A non-skid surface
– carpet or outside
Bouncy music
(optional, but fun!)

*Set Up*

Place boxes around play area with enough space between for a child to stand. Make sure the boxes are on a surface with some grip so they don't slide around. You can put a towel, rug lining, or shelf liner under the boxes to increase the grip.

Let's Play!

Start the music and jump, from two feet to two feet like a bunny, from the ground into the first box, then onto the ground, then into the next box, and so on. If you are using music, see if you can jump in time to the beat.

Change Up

Set up two lines of boxes and have races. Make two teams and have relay races.



Family Activities

May Week 1: Sled Pulling

Equipment

A plastic sled with a rope for a handle or a makeshift one from a laundry basket and some yarn. Toys, books, blocks, cans from the pantry, siblings – anything that adds weight to the sled.

*Set Up*

This game is best played outside, but a carpeted indoor surface will work also.

Let's Play!

Start with a few items in the sled and have your child pull it. Gradually add more items to make it heavier.

Change Up

Set up a sled course using cones or anything you have to mark the course. Have kids pull the sled through the course. You can time them and see how the time changes as the load gets heavier. Or set up two identical courses and two sleds and have races.