



Cross the River



Equipment Needed

- ✓ Sidewalk chalk or poly spots

TIP: *Don't have the items needed to play? Any small object that is safe to jump on can be used. You could also create shapes to jump across using string or tape!*

Get Ready!

Create a river (i.e., two shores with water in between) by marking two parallel lines at least 20 feet apart.

Create rocks in the river (~24) by placing poly spots or drawing them with chalk.

Choose one person to call out instructions.

Instructions:

1. Players will begin hopping from rock to rock (one- or two-footed hops) while trying not to fall in the river. If you fall in, go back to the shore and start over.
2. If two players reach the same rock, work together to share the space.
3. If the player chosen to give instructions yells "freeze," everyone must stop where they are and try to balance on the rock.
4. See how quickly you can make it across the river! Support your friends and family as they play.

TIP: Play the game like musical chairs, removing a rock with each attempt!

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

1. Do you think people naturally have good balance, or do you think people need to practice balance? Why?

2. Why do you think balance is important?