

Cross the River

Instructions:

1. Hop from rock to rock (one-or two-footed hops) trying not to fall into 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 while they play!
 - Option: play like musical chairs and remove a rock with each attempt

Equipment Needed:

✓ Sidewalk Chalk or Poly Spots

DIY Equipment:

Don't have the items needed to play?

Any small object (about a foot in diameter) that can be jumped on safely can be used. You could even use masking tape!

Get Ready!

CREATE a river (i.e. two sides of the shore) by marking two parallel lines at least 20 feet apart

CREATE rocks in the river (~24) by placing poly spots or drawing them using chalk

CHOOSE one person to call out instructions

Family Talking Points:

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

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

Why do you think balance is important?