



# Activities For All

## Leaping Lillypads



### Get Ready:

You need a wide open space either indoors or outside to play. Materials: 5 to 10 hula hoops, depending on the size of your group.

### Get Set:

Spread the hula hoops out throughout the playspace and start with everyone standing at one end of the playspace.

### Go:

- Once everyone is standing together at the end of the playspace, explain that they are all frogs looking for a home — and that the playspace in front of them is a beautiful pond.
- Participants **jump** from the starting point to a lillypad of their choosing.
- Once they reach a lillypad, they have to **jump** up and down on the lillypad five times to make it their home. (You can have 2-3 frogs per lillypad, as needed)
- Have them count out loud as they **jump**.
- Continue to play rounds until you reach **10 jumps**
- Congratulate the frogs on finding beautiful homes!

### Extend:

- Hop to increase the challenge. Then try hopping on the non-dominant foot to increase the difficulty.
- Spread the hula hoops further afield to increase the distance and amount of physical activity.
- Add flat pool noodles or other low obstacles for frogs to hop over.
- As their skills progress, have children crouch and jump like frogs.
- Join the play! Be a hungry bird that flies around the pond, trying to capture frogs. If you capture a frog simply say, “**Gotcha!**” and encourage them to return to play.

