

## RUNNING & JUMPING GAMES



- fast
- slow
- forward
- backward
- high
- low

- chasing
- scurrying
- dashing
- jumping
- hopping
- leaping
- galloping
- walking
- trudging
- waddling
- wandering
- plodding
- darting
- skipping
- springing
- prancing

# READY, SET, RUN AND JUMP!

Check out these books at your local library.

*The Snowy Day*

by Ezra Jack Keats

*Jump Frog, Jump*

by Robert Kaplan and Byron Barton

*Let's Hop and Skip*

by Diane James

*Snow Dance*

by Lezlie Evans

*Frog Legs: A Picture Book of Action Verse*

by George Shannon

*Puddles*

by Jonathan London

*Dappled Apples*

by Jan Carr

*Owl Moon*

by Jane Yolen and John Schoenherr

*Here We Go*

by Margaret Miller

*Hopping Rabbit*

by Amanda Leslie

*The Berenstain Bears and Too Much TV*

by Stan and Jan Berenstain

*Stella, Queen of the Snow*

by Marie-Louise Gay

### Chase Me, Chase Me

2 or more players

Playfully chase your child safely throughout the yard, the playground or the house. Outside go uphill and downhill, zig and zag, fast and slow, forward and backward. Hug him gently upon capture!

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### Bubble Chase

1 or more players

**What you need:** Bubble solution; wand for each player

**How to:** Make up some bubble solution several hours ahead of time. Let your child blow bubbles and have fun chasing, popping or stomping them!

This works best outside in the shade, or on a cool, cloudy day!

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#### Homemade Bubble Recipe

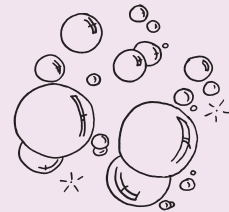
$\frac{2}{3}$  cup concentrated dish washing liquid  
4 cups water

*Optional: 1 Tablespoon glycerin, which you can buy at any drug store.*

- Pour the water into a large container like a plastic dishpan or a clean empty milk jug.
- Add the dish washing liquid and gently stir.
- Add the glycerin and gently stir.
- Let the bubble mixture sit for several hours before using. The longer it sits, the better the bubbles.
- Cover and store any leftover bubbles for another day. Leftover plastic yogurt or margarine containers with lids work great for storing bubbles.

#### Tips:

1. Some dish washing liquid brands may work better than others. Experiment to learn what works best for you.
2. Distilled water may help make the bubbles better.
3. Glycerin isn't expensive and it really makes bubbles stronger and longer lasting.
4. Let the bubble wand sit in the bubble mix for a few seconds and try not to stir — stirring makes suds and foam, which are bubble busters!



### Bubble Wand Ideas

- Dip plastic straws into the bubble solution and gently blow to make tiny bubbles.  
*You can also tape three to five straws in a circle for a big bubble made up of little connected bubbles.*
- Bend a hanger into a circle with a short handle.  
*You can cover the handle with tape if it's sharp at the bottom. It's good to twist 2 wires together to make one loop — this lets the wand hold more bubble solution and makes the handle less dangerous.  
*You can also bend pipe cleaners into shapes and use those as wands.**
- Open plastic cookie cutters make good wands.
- Cut a hole in the center of a plastic yogurt or coffee lid.



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### Hula Hoop Chase

1 or more players

**What you need:** For each player — a large plastic hoop (to make your own, see “Toys That Encourage Physical Play” page 16)

**How to:** Let your child roll the hoop and chase after it. This is most fun outside. If you can't get outside, you can also play inside.

**Variation:** Let your child hold the hoop at her waist. “Drive” around outside or inside as a fire truck, dump truck or car.

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### Hula Hop

1 or more players

**What you need:** 1 or more large plastic hoops (to make your own, see “Toys that Encourage Physical Play,” page 16)

**How to:** Lay hoop(s) on the sidewalk, lawn or floor and let your child jump or hop in and out of them.

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### Square Hop

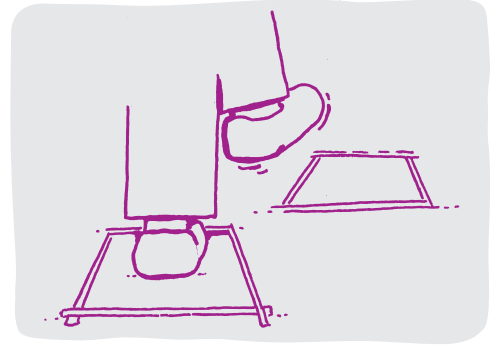
1 or more players

**What you need:** Sidewalk chalk or masking tape

**How to:** Make a pattern of squares on a safe sidewalk or driveway with sidewalk chalk, or in the dirt using a stick. Have your child hop in and out of each square on one foot. Have her repeat the activity with the other foot. Inside make squares around the room on the floor using masking tape.

**Variation:** Children who aren't skilled at hopping on one foot yet can try this activity jumping with two feet.

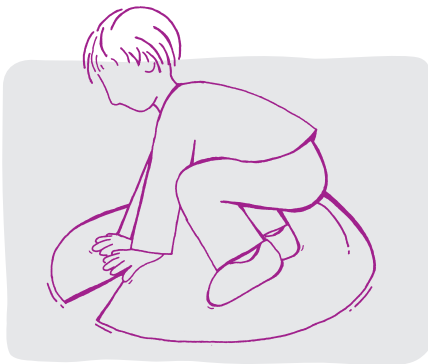
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### Frog Hop

1 or more players

**How to:** Have your child squat down on the lawn or floor, like a frog. Tell her to reach forward, putting her hands on the floor. Then have her jump her feet so they land close to her hands. Try big and small leaps and have her make frog sounds as she jumps!



**Variations:** Draw lily pads with sidewalk chalk on a safe sidewalk or driveway, or draw lily pads in the dirt or even in the snow. Let your child jump on and off the lily pads. To play inside, you can also make lily pads out of cardboard or paper. Decorate if you wish and use masking tape to secure the lily pads to the floor.

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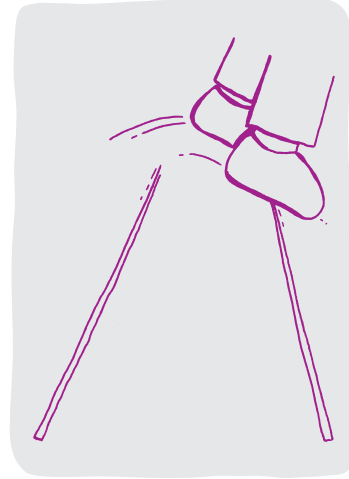
### Jump Right Over

1 or more players

**What you need:** Sidewalk chalk or masking tape

**How to:** Draw two lines on a safe sidewalk or driveway using chalk or draw two lines in the dirt, parallel to each other, about one foot apart. Have your child jump across the “river” to the other side — being careful not to get his feet wet! You can make the river wider as your child’s jumping skills improve.

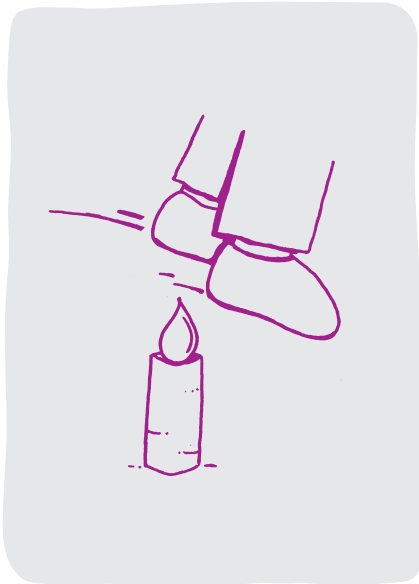
**Variation:** Draw a single line and let your child practice jumping and hopping over it. Inside, use masking tape to make one or two lines on the floor.



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### Jumping Jack

1 or more players



**What you need:** For each player — an empty bathroom tissue roll, paper, red or orange crayon, masking tape

**How to:** Use the bathroom tissue roll for a “candlestick.” Cut a “flame” from paper, color it and tape it to the candlestick. Place the candlestick outside on a flat spot or inside on the floor, and have your child jump over it.

You and your child can recite this rhyme as he jumps:

*Jack be nimble,*

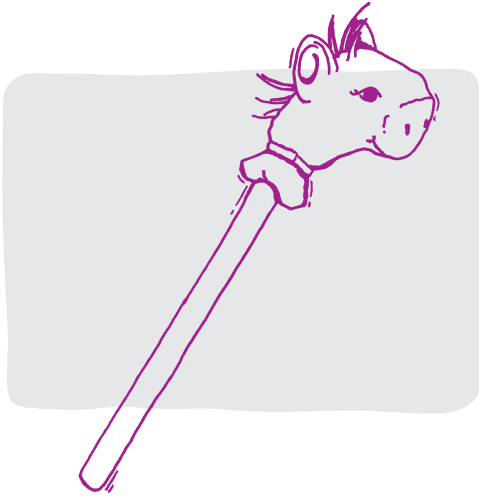
*Jack be quick,*

*Jack jump over the candlestick.*

Practice jumping high, medium and low.

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## RUNNING & JUMPING GAMES



### Galloping Pony

1 or more players

**What you need:** For each player — cardboard wrapping paper tube, paper bag, masking tape, newspaper, crayons or markers

**How to:** Make a cardboard horse by decorating the paper bag to look like a horse's head. Stuff the head with

crumpled newspaper and tape it onto one end of the cardboard tube. Have the child gallop around to visit different parts of the yard or house.

Practice going slow and fast, forward and backward, galloping and prancing.

**Variation:** Have child pretend she is a Pony Express carrier, bringing mail or supplies to different places, or picking up toys to deliver to the toy box.

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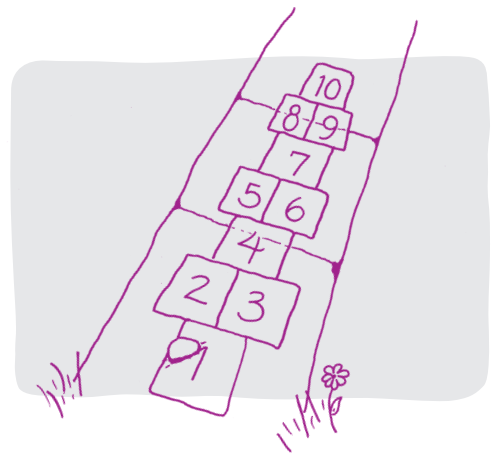
### Hopscotch

1 or more players

**What you need:** Sidewalk chalk or masking tape, beanbag for each player

**How to:** Mark out a hopscotch board outside with sidewalk chalk or in the dirt using a stick, or inside using masking tape on the floor.

Have your child toss the beanbag onto square one and then hop or jump onto square one (on one foot or both feet, depending on your child's ability) and pick up the beanbag. Toss the beanbag onto square 2 and so on. When she gets to the top, turn around and go back down to square one. If there is more than one player, have the children take turns, or make several hopscotch boards so all children can play at the same time. Or, while the other children are waiting for their turn, practice hopping on one foot.



### Platform Jumping

1 or more players

**What you need:** A stool or sturdy box about 10 inches high to jump from, an old towel for a base to jump to.

**How to:** have your child stand on the solid box or stool and jump to the landing base on the ground. Emphasize jumping with two feet and landing on two feet to start. As her skills advance, she can try this on one foot.

**Variations:** *To play indoors, use masking tape to mark a landing base on the floor. To make it easier, hold his hand as he jumps, jump from ground level or place the landing base closer to the jumping platform. To make it more challenging, use a higher platform, but not higher than her waist; place the landing base farther from the jumping platform.*

*Safety Tips: Use a very sturdy stool or platform to jump from. Allow only one child at a time on the platform. Be sure the landing base is not slippery on the surface you are using.*

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### Snowshoe Shuffle

1 or more players

**What you need:** A pair of snowshoes for each person. You may be able to rent them, or borrow from a friend, school or recreation program. You can also make your own, below, with heavy boxboard and shoelaces or elastic.

**How to:** Cut two pieces of strong, heavy boxboard into ovals about the size of a shoe box (kid-sized for kids, grown-up sized for grown-ups!). Punch two holes on each side of the cardboard, in the center, about a snow boot's width apart. Thread a long shoelace or piece of elastic through the holes and tie over your boots. Walk, slide, or "skate" over packed snow.