

HOME OLYMPICS

MATERIALS:

Mats
Balloons
Tape or Chalk
Bat
String

INSTRUCTIONS:

Help your child create his own Home Olympics! Try to hold your event outside or put mats on the floor indoors. Remind your child that the objective is not to win, but to have FUN!

(Note: Supervise your child at all times.)

- 1. Obstacle Course:** Help your child plan and create a safe course they can go over, under, around, and through.
- 2. Balloon Volleyball:** Players on either side of a tight string will bat a balloon back and forth.
- 3. Tumbling Tornadoes:** Let your child tumble as they wish on a safe, soft surface.
- 4. Cross the Brook:** Using tape or chalk, make two lines that are a foot apart. Participants hop or run across the "brook." They can also look for ways to build bridges.
- 5. Cooperative Race:** Partners link a part of their bodies together (such as elbows or hands) and run to a finish line.

VARIATIONS:

Have children create their own Olympic medals and hold a ceremony.
Play with a group; the more, the merrier!