

*Need some new ideas for the Playspace?  
Try one of these fun activities!*



### **Hankie Hop ~ Balance the hankie and hop in for the win!**

-Form two even teams and give each team a handkerchief (scarf, napkin, etc.).

-To play, the first player of each team has to balance a handkerchief on his foot and hop to the finish line and back. If a player drops the hankie, s/he has to start over.

-When the player returns, the next person in line takes his/her turn (like a relay).

-The first team to finish gets the chance to show off its cheerleading skills to the other team!

#### **Adaptations:**

- **Indoors:** Be sure to use a wide-space so that children don't bump into furniture. If you don't have enough room for two teams to play at the same time, simply allow children to take turns with the hankie.
- **Infants:** Allow infants to play with hankies or scarves to explore their texture and weight.
- **Toddlers:** Allow toddlers to balance hankies on their hands or heads to play the relay game, or, put a basket in the middle of the floor and make a game out of dropping hankies in the basket and taking them back out.
- **School-aged:** School-aged children can try variations of the hankie hop that involve walking backwards with a balanced hankie, switching the hankie between feet, etc.



### **Jump the Creek**

-To play, set up a "creek" (and explain what a creek is, as it will be a new word for many children!) by placing two jump ropes/yard sticks/etc. on the floor about six-inches apart.)

-Next, players take turns trying to jump over the creek. If they land on or in the middle of the "creek" they become part of the cheering section. The cheering section can also pretend to be frogs, birds, or fish, or other animals you might find near a creek.

-When everyone has jumped once, players move the ropes another six-inches apart.

-The person who is able to jump the farthest without falling into the creek gets to go first when you play again!

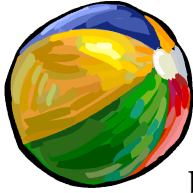


#### **Adaptations:**

- **Indoors:** Be sure to use a wide-space so that children don't bump into furniture. If you don't have enough room for jumping, try tossing bean bags across the creek instead!
- **Infants:** Mobile infants can try to crawl along the creek to get from one PAL to another!
- **Toddlers:** Toddlers can try stepping from one side of the creek to the other, tossing something across the creek, or can take turns racing from one end of the creek to the other.
- **School-aged:** Older children can start with a wider creek and can increase the distance farther each time. They can also try leaping or skipping over the creek or can brainstorm their own other creative ways to cross it.

## Sandwich ~ Partners go back-to-back and make like a sandwich!

-To set up the race, split into teams of two and give each team a ball (preferably a beach ball or something equally light).



-Put a ball between the bellies of each team. (Partners can “hug” each other if they want more support for the ball.)

-Teams then race to the end of the playing field and back.

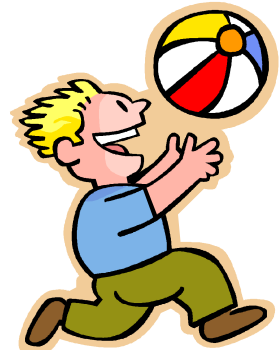
-If a team drops the ball, it has to start over.

-The first team to finish gets to help the other teams start over by picking up the beach balls when they fall and guiding players back to the beginning.

*-The game can also be played relay-fashion with two groups made up of many sets of partners.*

### **Adaptations:**

- **Indoors:** Be sure to use a wide-space so that children don't bump into furniture. You can also create a path for children to follow with the ball for variation.
- **Infants:** Infants will have fun rolling balls around, feeling them, and exploring anything that rolls!
- **Toddlers:** Have toddlers hold beach balls while they follow a set path or have them roll beach balls back and forth.
- **School-aged:** To make the game more challenging for older children, have them start back-to-back (with linked arms), instead of belly-to-belly. To make it even more challenging than that, have teams start sitting down back-to-back with linked arms, and have them figure out how to stand up while keeping the ball between their backs. *Then*, they can start the relay.



*"We don't stop playing because we grow old;  
we grow old because we stop playing."  
~George Bernard Shaw*