

FLOOR IS LAVA

(FOR AGES 3+)

INGREDIENTS:

A variety of “obstacles”:

- Cushions
- Flattened boxes
- Paper plates
- Pillows
- Small blankets

PREP TIME:

- 10 minutes

RECIPE FOR FUN!

STEP 1: Choose a starting spot on one side of the space and choose a finishing spot on the other side.

STEP 2: Place “obstacles” scattered on the floor in all different directions.

STEP 3: Explain to your child that the floor is hot lava, and it can’t be touched.

STEP 4: Instruct your child that they need to move and balance from obstacle to obstacle without touching the hot lava floor.

STEP 5: The goal is to find the best path to the other side. If a player touches the floor, they must start over. With multiple players, the winner is the one that gets to safety by touching the least number of obstacles.

Modification: Depending on time and number of players, extend the obstacle course to multiple rooms in your home.