

HOPSCOTCH

(FOR AGES 3+)

INGREDIENTS:

- One player, or many players
- Chalk to draw the hopscotch grid
- Small rock, beanbag, or stuffed animal to toss

RECIPE FOR FUN!

Each player tosses a small object inside one of the squares on the hopscotch grid, then hops from square to square, hopping over the square with their rock in it. Each player's goal is to hop all the way down to the end and back without the other foot touching the ground.

How to Play:

1. Draw a hopscotch grid on asphalt or concrete with chalk.
2. The youngest child goes first, with other kids lining up behind them.
3. A rock is tossed onto the hopscotch grid.
4. The player then hops from square to square on one foot, hopping over the square with their rock in it.
5. At the end of the hopscotch grid, the player turns around and hops back.
6. On their return trip back to the starting line, the player again skips the square with their rock and also picks up their rock.
7. Upon returning to the starting line, that player passes the rock to the next person in line and goes to the end of the line. The next player then takes their turn.

Hopscotch Rules:

- If a player's toss goes outside the lines of the hopscotch grid, they lose their turn.
- The player must hop through the game on one foot unless two squares are side by side, in which case the player can put their feet down simultaneously.
- If a player hops on the wrong square, they lose their turn.
- If a player hops outside of the hopscotch grid, they lose their turn.
- If a player steps on a line, they lose their turn.
- If a player puts both feet down inside a square, they lose their turn.

- *Optional:* A player may rest both feet on the final square before turning around to hop back.

Ideas for playing hopscotch indoors. Don't let a rainy day keep the hopscotch away! Lay out hopscotch indoors using masking tape right on a tile floor, or even carpeting. Use a small beanie-style stuffed animal or a balled-up sock instead of a rock. Kids can also get creative and design their own DIY hopscotch game out of paper, or pillowcases.

What do kids learn from playing a game of hopscotch? Hopscotch is a great way for kids to work on balance, coordination and gross motor skills. It is also a great game for kids to learn how to wait patiently and take turns.