



## Physical Health, Well-Being, and Movement Skills Activity for 36 to 42 Months

### Jump the River

*This fun jumping game captures the imagination of children and encourages gross-motor-development skills.*

#### Materials

- *Jump, Frog, Jump!* by Robert Kalan
- Blue towel or sheet

#### What to do:

1. Read the book *Jump, Frog, Jump!* by Robert Kalan.
2. Roll the towel or sheet lengthwise into a long, thin strip. Place it in an open space indoors or outdoors.
3. Tell the child there is a river full of alligators she will need to jump across.
4. Gradually spread the towel or sheet so the length the child needs to jump gets longer.

#### Variations:

- A. Play other jumping games: Encourage the child to be a jumping bean, frog, or kangaroo. Help her jump over ropes or low ledges made from blocks.
- B. Integrate the activity with other developmental tasks: Ask the child to draw or paint a river on large sheets of paper. Encourage her to draw fish, trees, and other objects in and alongside the river. Tape the child's drawings to the floor and pretend she is going on a trip. When she reaches the different rivers scattered throughout the room, have her swing her arms and jump over the river, landing on the other side.
- C. Play with a group of children and have them take turns hopping over the river. Remind them to watch for the alligator's teeth.

