

Musical Mats

(older kids and toddlers) -

Get out those Wipe-Clean Mats (or blankets) and have some fun! It's time to get some of that energy out, give the kids a good run around and blast some of your favourite family tunes! This is a great activity to get those steps up, have a laugh and teach your child about practicing patience and if you have multiple children, dealing with disappointment and argument resolution!

What you'll need:

- A few Wipe-Clean Mats or blankets
- Some music
- Some energy

How to do it:

- Set out your mats or blankets on the floor, space them out around an open room if possible.
- Pop some music on!
- Let the music play for a period of time, dance like nobody is watching, then hit pause!
- When the music is paused, run and jump on a mat!
- You could make the objective of getting to the mats the fastest or have one less mat than people and have one person miss out in each round.
- Have fun!



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