



# Activities For All

## Bumble Bee Bop



### Get Ready:

You need a wide open space either indoors or outside to play. Materials: 5 to 10 cones or flowers you have made out of construction paper or poster board, depending on the size of your group.

### Get Set:

Spread the cones/flowers throughout the play space and start with everyone standing at one end of the play space.

### Go:

- Once everyone is standing together at the end of the play space, explain that they are all hungry bees looking for food. They must find flowers to find food.
- Participants fly (**run, with arms stretched out**) around the play space from flower to flower, saying, **Buzzzzzzzzzzzz!**
- Once they reach a flower, they have to **stop, touch it, and pretend to eat** before flying off to find more flowers.
- Encourage the bees to fly at varying heights (low, medium, high), speeds (slow, fast) and pathways (straight, zigzag, curved).

### Extend:

- Play a round as butterflies! Children flap their arms (wings) as they fly from flower to flower.
- Spread the flowers farther afield to increase the distance and amount of physical activity
- Give each child a bag or small basket to carry and place small items (cotton balls or small rocks) by the flowers. Have the children collect an item from each flower they visit. At the end of the play, have them count the number of food items (pollen) they collected.
- Join the play! Be a bug catcher — use a hula hoop to capture bees/butterflies. If you capture a bee/butterfly, simply say **“Gotcha!”** and encourage them to return to play.



# Activities For All

## Leaping Lily Pads



### Get Ready:

You need a wide open space either indoors or outside to play. Materials: 5 to 10 hula hoops, depending on the size of your group.

### Get Set:

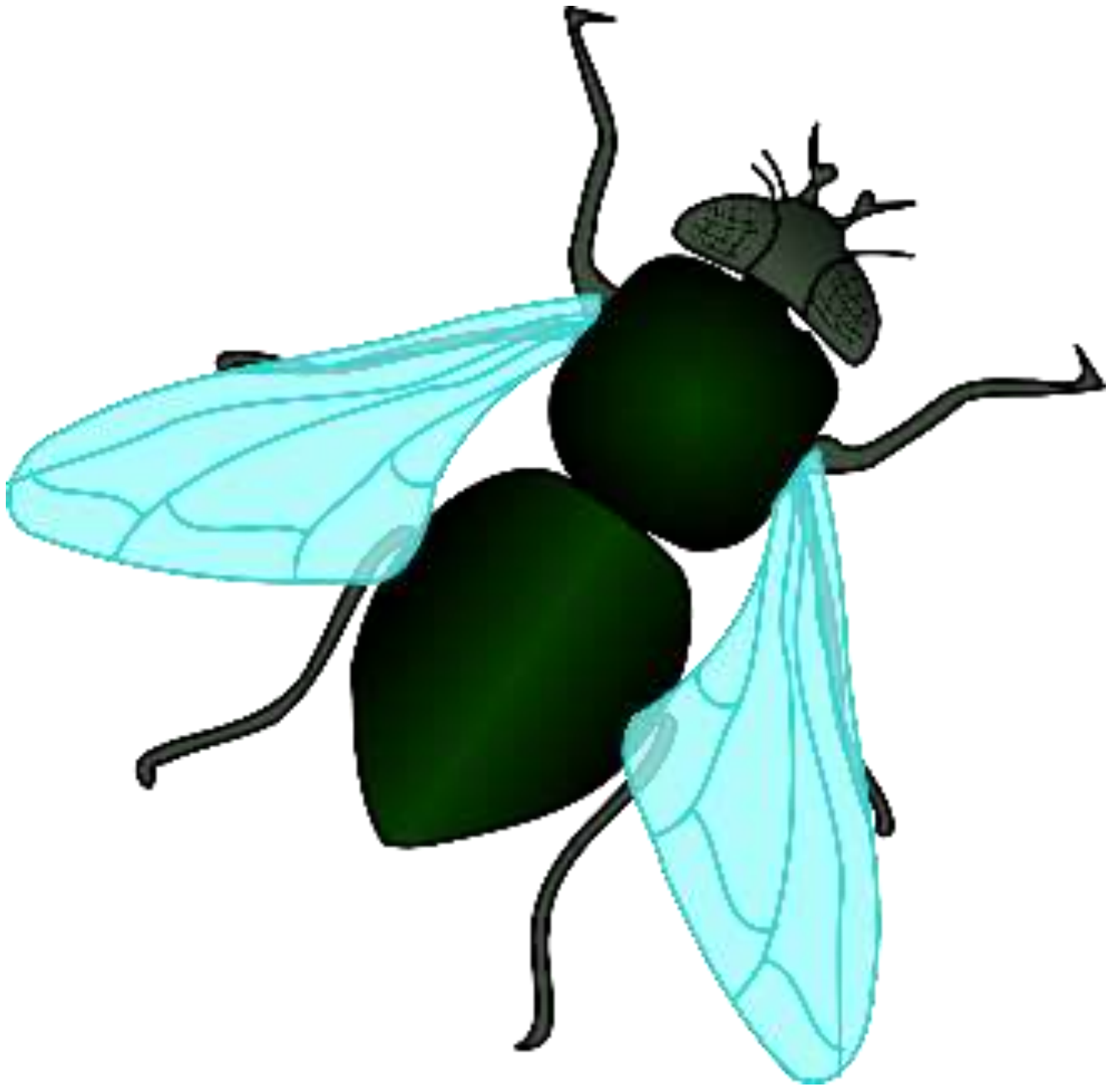
Spread the hula hoops out throughout the play space and start with everyone standing at one end of the play space.

### Go:

- Once everyone is standing together at the end of the play space, explain that they are all frogs looking for a home and that the play space in front of them is a beautiful pond.
- Participants **jump** from the starting point to a lily pad of their choosing.
- Once they reach a lily pad, they have to **jump** up and down on the lily pad five times to make it their home. (You can have 2-3 frogs per lily pad as needed)
- Have them count out loud as they **jump**.
- Continue to play rounds until you reach **10 jumps**
- Congratulate the frogs on finding beautiful homes!

### Extend:

- Hop to increase the challenge. Then try hopping on the non-dominant foot to increase the difficulty.
- Spread the hula hoops farther afield to increase the distance and amount of physical activity.
- Add flat pool noodles or other low obstacles for frogs to hop over.
- As their skills progress, have children crouch and jump like frogs.
- Join the play! Be a hungry bird that flies around the pond, trying to capture frogs. If you capture a frog simply say, "**Gotcha!**" and encourage them to return to play.



*Fly.* Digital image. *Pixaby.* N.p., n.d. Web.