LA COUNTY LIBRARY

Activity Idea

RACE THE WIGGLES OUT

Recommended for Ages 4+

Need to get the wiggles out? Try these activities to channel the energy into some fun for everyone.

Egg and Spoon Race
You will need: Spoons, plastic eggs, wadded paper ball, coins, or any other small object that could sit in a spoon.

How to Play:
Kids race from one side of the room to the other carrying an object in the spoon without dropping it. Repeat as desired. Option: put a container on the floor at the finish line. Once the player reaches the finish line, from waist high, they drop the item into the container. If they miss, they keep trying. If they drop the item along the way, they can pick it up and keep going or maybe they return to the start. Change the rules and ways to play as you wish.

Obstacle Course
You will need: Pillows, chairs, brooms, any other household items that seem appropriate, and painter's tape

How to Play:
Set up an obstacle course through the house. You can use the tape to make arrows that lead the way through the course. The tape can also serve as a balance beam or places to jump over. You can step over pillows, put a broom over two chairs for kids to crawl under, or just place the broom on the ground to jump over. Other options are crawling under tables or crawling over beds. Add in tasks like do ten jumping jacks, turn around three times, hop like a frog from one end of a hallway to the other. Anything that sounds fun and works with your home, or even take it to the backyard.

Dress Up Relay
You will need: adult pant/shorts, shirts, coats, and hats

How to Play:
Distribute a set of clothes in two piles. Make sure each pile has similar clothing. Each player races to put on clothes at the starting line and walk a short distance to the finish line. At the finish line, players will race to take off the clothes. Options: button every button, zip every zipper or not, depending on age and abilities. Maybe fold clothes after they have taken them off. Or take them off in a certain order.