



# FLOOR IS LAVA

## STAY ALERT AND ACTIVE

### INTRODUCTION

A favourite playground game can be played at home as well. Try to move about the living room or throughout the home if you want to make it really difficult, without touching the floor.

### WHAT WE NEED

- Cushions
- Sofas/chairs
- Blankets/material
- Paper (tape to the floor so they don't slip)
- Anything lying about the house that is secure to stand on

### WHAT TO DO

There are different versions of this, so feel free to adapt to your space or whichever is most enjoyable.

- Someone shouts out 'Floor is Lava'. At that point everyone needs to find something to stand/climb on that will get them off the floor.
- Set a challenge for everyone to move from one point in the room/home to another without touching the floor.

