

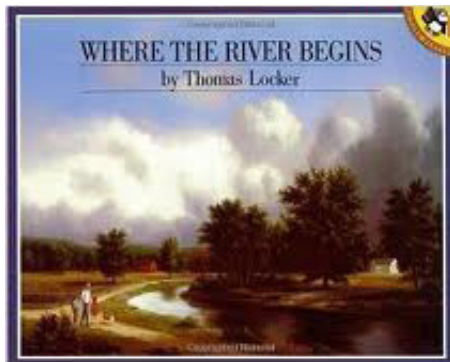
River bank jump

Let's play and talk together

- ❖ Use chalk lines or ropes to mark the banks of a pretend river. Make the river wide at one end and narrow at the other.
- ❖ Invite your child to try jumping across the river and then back again. Practice jumping at different widths. Move the river banks closer together or farther apart as needed.
- ❖ Experiment with different ways of jumping. Try jumping from a standing start, running and jumping, and jumping backwards.



A good read-together book



Where the River Begins by Thomas Locker

You will need a large indoor or outdoor space, and some ropes or a piece of chalk or a towel or scarf to mark the river.

This activity is good for building strong bones and muscles, developing movement skills such as jumping and leaping and learning to follow directions.

Hints for success

- ❖ Start by inviting your child to try jumping across the river wherever he or she chooses. Encourage longer jumps as your child's confidence grows.
- ❖ If your child has difficulty imagining a river between the chalk lines or ropes, use a towel or scarf on a carpet to make it look more real.
- ❖ If your child has difficulty jumping, encourage other ways to move that are easier or more comfortable.

That was a big jump!
You crossed the river
without getting your
feet wet.

Can you get across the
river a different way?

Ways to say it

More ideas for River bank jump

Try this way

- ❖ Play a game where your child jumps into, out of or over the river as you call out the following directions: "in the river," "on the bank" or "across the river." You may need to show your child what each of these directions means before you start the game.
- ❖ Pretend that the river has hungry alligators in it. Set the mood by reciting or acting out the "Three Little Monkeys" poem.



Early numeracy

Use chalk or other markers such as slips of scrap paper to show how far your child jumps each time. Measure the distance using your feet from heel to toe, e.g. "This time you jumped as far as eight of my feet." Try measuring with other tools, e.g. a ruler or yardstick, but do not be too fussy about the numbers. At this age it is more important for children to see how things can be measured in different ways.

Book link

Alligator Pie by Dennis Lee

Three Little Monkeys

Three little monkeys swinging from a tree,
Teasing Mr. Alligator, "Can't catch me!"
Along came Mr. Alligator slowly as can be
Then ... SNAP!

Two little monkeys swinging from a tree,
Teasing Mr. Alligator, "Can't catch me!"
Along came Mr. Alligator slowly as can be
Then ... SNAP!

One little monkey swinging from a tree,
Teasing Mr. Alligator, "Can't catch me!"
Along came Mr. Alligator slowly as can be
Then ... SNAP!

Anonymous

Safety tip

If you use a scarf or towel to mark the river, put it on a non-slip surface such as a soft carpet.