

Don't Touch the Lava

Targeted Skills:

This activity addresses both fine and gross motor skills as well the cognitive domain area. The child will be jumping, balancing, and bending, working the larger muscles of their body. As they pick up pieces of paper and a dice, they are not only using their small finger muscles to pinch, grasp and hold, but they are also using their cognitive abilities to practice academic math and literacy skills such as counting and identifying numbers, shapes, letters, colors, sight words, etc. This activity is designed to help children improve their balance, coordination and poor muscle tone as well as their cognitive development in a simple way that is fun and engaging for children of many different ages.

Materials Required:

1. Different colored spot markers- they come in a pack of 12 for \$26. This is what will be used for the child to step/jump on throughout the game.



Link for purchasing item:

https://www.amazon.com/SKL-Carrying-Training-Activities-Multicolor/dp/B07YDBLN9N/ref=sr_1_21?dchild=1&keywords=floor+circle+markers&qid=1588954367&sr=8-21

OR

Colored construction paper- this is a cheaper alternative that can also be used to step on and jump to during the activity. You can purchase a pack of 50 sheets with 10 assorted colors for only \$3.98.



Link for purchasing item:

https://www.amazon.com/SunWorks-Construction-12-Inches-18-Inches-100-Count/dp/B0009IR3UI/ref=sr_1_12?crd=2B30J0OPDH4VY&dchild=1&keywords=pack%2Bof%2Bconstruction%2Bpaper&qid=1588963516&srefix=pack%2Bon%2Bcons%2Caps%2C177&sr=8-12&th=1

2. Index cards- these can be used to scatter along the different spot markers. Depending on the child's academic level, these cards can be used to write letters, numbers, shapes, or sight words on for the child to identify as they play. A pack of 100 3x5 inch index cards can be purchased for \$2.99.



Link for purchasing item:

https://www.amazon.com/AmazonBasics-Heavy-Weight-Ruled-100-Count/dp/B06XSRLP51/ref=sr_1_1_sspa?dchild=1&keywords=index+cards&qid=1588964465&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyN1haUlcyV0hSWUtSjMvUyY3J5cHRIZEIkPUExNUpaN041OTJRRUVUJmVuY3J5cHRIZEFkSWQ9QTAWNzM0MjkyUzVESkIEWUozRIlQJndpZGdlE5hbWU9c3BfYXRmJmFjdGlvbj1jbGja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJlZQ==

3. Large dice (optional)- this can be used to practice counting as well as tell the child how many spaces to move to. These come in a pack of two for \$5.99. A regular sized dice can be used as well if those are already available at your home.



Link for purchasing item:

https://www.amazon.com/Learning-Resources-Foam-Dice-Dot/dp/B000FGG9IG/ref=sr_1_2?dchild=1&keywords=large+dice&qid=1588964932&sr=8-2

Instructions:

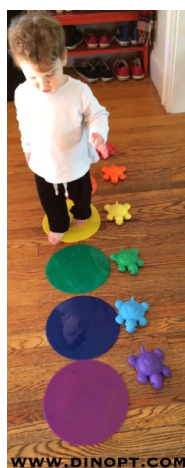
1. First, you are going to want to choose a room to play the game in; try to pick an area that has quite a bit of open space where the children will be able to jump and move around without bumping into any furniture.
2. Next, scatter your "stepping stones" (colored spot markers or construction paper) by placing each one on the floor two feet away from one another in whichever room you chose to play in.
3. Designate a safe starting spot to be "home". An example of this could be a couch or chair that is near the stepping stones set up on the floor.
4. Then you are going to want to count your index cards so you have the same amount as you do "stepping stones".
5. Once you have counted out the same number of index cards as stepping stones, you will then write whatever skill you would like to work on with your child. For this example, we will write a different uppercase letter on each index card to have the child work on letter recognition.

6. You will then place one index card with the letter facing up on each stepping stone you have laid on the floor until each one has a card with a letter on it.
7. Explain to your child(ren) that you're going to pretend that the floor is lava, and their job is to stay on the stepping stones until they have made it to each rock.
8. The child(ren) will begin at the starting point you have chosen and will roll the dice on the floor.
9. They will then count the number of circles on the dice and then they will move that many spaces, only stepping on stepping stones.
10. Once the child has reached the number they had rolled going from space to space, they will then pick up the card that is positioned on the space they are standing on and will say the letter that is written on the index card aloud. Once the child answers correctly, they can place the index cards back on the stepping stone they are standing on.
11. If there are multiple children playing, the next child can take their turn while the child who has already gone stays standing on their spot until it is their turn again.
12. The steps will repeat themselves until each child has had the opportunity to land on all spaces and identify every letter written on the cards.
13. Finally, you all can celebrate your triumph over the lava!

Modifications made based on child's needs:

Beginner:

This activity can be modified in a few different ways to accommodate a child's needs, abilities, and academic level of performance. If you have a young child or a child with limited mobility, the stepping stones (colored spot markers or construction paper) can be laid on the ground close together for the child to step on or crawl to. Another way to make this game a little simpler, is to remove the cards from the colored stepping stones and the dice. The child can then focus more on balancing and moving from one stone to the next or could work on identifying the color of the stepping stone that they are standing on. The child can also count as they move from space to space working on one to one correspondence (every time they step on a stepping stone, they say a number).



Intermediate:

If the child has mastered the beginner level, they can then use the dice to count out how many spaces they move to. The index cards can be brought back and the skill that you choose to work on with your child can be more challenging to match their academic skill level. Shapes, letters and numbers can then be written on the index cards for the child to identify as they move from stone to stone. The stepping stone place markers can then be moved further apart to make it more difficult for the child to move from one to the other. This would make them have to stretch their legs out farther working those large gross motor muscles.



Advanced:

For the advanced stage, obstacles can be put between the stepping stones so make getting from one stone to the other more challenging. For example, maybe they have to climb over a chair to get to other stepping stone, or jump over make a new rule stating that the child can only use one leg when jumping and standing on the stones. The content on the index cards can also become more challenging as they are learning new skills. Instead of color, number, shape and letter recognition, sight words as well as addition and subtraction problems could be written on the cards for the child to have to answer. Instead of using one dice for the child to use and count, include the second dice so they know how to count more circles and move to more squares per round.



Notes - what existing skills are required to complete activity? What skills would follow?

One of the skills needed to perform this activity includes counting, using one to one correspondence. After the child has rolled the die and figured out how many spaces they need to move, they will have to count as they move from one stepping stone to another. In order to participate in this activity, they will also have to balance, bend, jump, crawl, and step. As their bodies are moving from space to space, they will be using their large gross motor muscles while acting out these movements. As the child moves, they will have to judge how far they will need to move their bodies to get to the next stepping stone using visual spatial perception. They will also be picking up cards with their fingers using a pincher grasp with two fingers.

The skills that will be gained from performing this activity include strengthened large and small (gross and fine) motor muscles, coordination, as well as math and literacy skills. As the topics change on the index cards, the child will learn how to identify numbers, letters, colors, shapes, sight words, addition/subtraction, etc. in a way that is engaging for children of most ages and ability levels.

