



Toddler bunny hop

2 - 3 years

TIME: 5 - 10 minutes

SKILL: Jumping, as well as agility, balance, and coordination.

REQUIREMENTS: An open outdoor space on grass or dry pavement. Rope, ribbon, or string to mark a starting line in the grass. Chalk to mark a starting line on pavement.

Directions

1. Talk with your toddler about rabbits and bunnies. How do they move?
2. Show your child how to hop like a rabbit. Feet should be shoulder-width apart.
3. Keep your hands held up in front of your stomach or chest.
4. Take off with both feet and land with both feet.
5. Play "Follow the Leader" while hopping, and take turns being the leader.

Variation

- Create a starting line, and see who can hop the farthest with one hop.
- If other children and adults available, try making a relay race with two or three mixed teams of toddlers and adults. Create a starting line and place markers about 5-8 metres away. Each player has to hop around the marker and return to the start before the next one can go.
- Bonus points: Have a contest to see who can wiggle their nose like a rabbit!

Benefits

- This activity develops basic jumping (strictly speaking, hopping means using only one foot).
- It also develops agility, balance, and coordination.