



Family Mover

As a family, think of five creative ways to move the object together from one end of a room to the other. For example, can you move a paper plate together from one end of the living room to the other?

- Choose five objects that you can move together as a family. Be creative (a plastic cup, a paper plate, a stuffed animal).
- Each person must have one body part on the object (hand, foot, head).
- As a family, move the object from one end of the room (or area outside) to the other.
- If you want a challenge, add some obstacles (over a coffee table, around a couch).
- Put on some music and see if you can move all five objects before the music stops.

