



Tip you are it!

Experience

Invite your child to play a game of tip. Explain that while you will count to ten, your child will need to run away to avoid being 'tipped'. A tip is when you tap your child gently on their back and then say "tip". Once you have 'tipped' your child, they are out and you swap positions in the game. The child now gets to count to ten, you run away and they will tip you.

Challenge: Instead of running to tip the other person you could hop, jump, crawl, tiptoe or walk

Learning benefits

- Encourages social skills- turn taking, following rules of a game
- Increases coordination and balance
- Promotes active time and gross motor (large muscle) skills



5 - 10 mins



3 - 5 years

Materials

None

Hints and Tips

Outdoor or indoor space

If playing indoors, encourage crawling, walking or tiptoeing and leave running outdoors.