

Musical Bumps

How to play

- ① Put on some dance music that the children will enjoy.
- ② Get the children to dance around the room, until you stop the music.
- ③ Once the music stops, the children must sit down on the floor as quickly as they can, preferably on a cushion.
- ④ The last person to sit down, is out.
- ⑤ You can award some small prizes to the winner, and also to the children who came second and third.



Please remember to recycle this activity