

# Cloud Jumping!

When you look up at the clouds in the sky, do you ever think about what those clouds might feel like? Are they fluffy and soft like cotton? Are they scratchy and stiff? Would you be able to sit on a cloud, or would you fall right through?

Play the Cloud Jumping game and imagine what it might feel like to jump from cloud to cloud!

## Here's how to make and play the game:

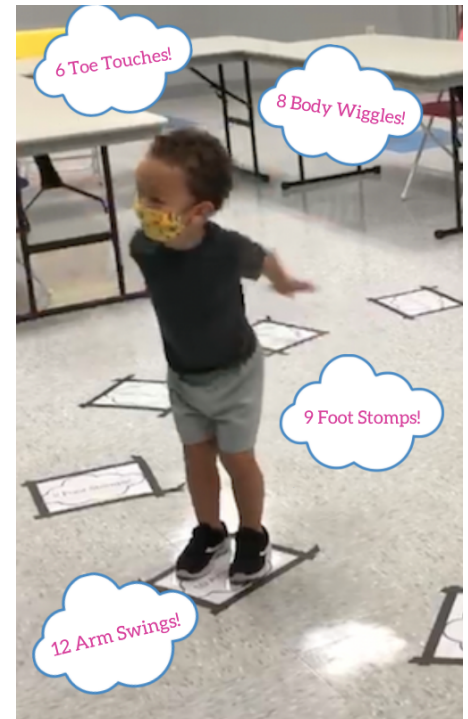
Download and print the Cloud Jumping clouds found at [www.kidsplaymuseum.org](http://www.kidsplaymuseum.org).

Tape the cloud images on the floor and leap from one cloud to the next.

As you land on each cloud, complete the activity you find there.

### You can make the game more fun by...

- measuring the time it takes you to complete the activities on all the clouds.
- adding a time limit and testing how many clouds you can visit within that limit.
- making up a story as you jump from one cloud to another.



## Activity Skill Focus: Motor Planning



### What is it?

Motor planning is the ability to neurologically conceive, plan, and carry out a skilled muscle movement in the correct sequence from start to finish. It is part of a group of skills that help us move our bodies the way we want to.

### Why do we need it?

We use motor planning in all physical activities, from washing our hands to running a mile. As children grow and develop, this skill becomes quicker, smoother, and more efficient.

### How can you support the development of your child's motor planning skill?

Activities like the Cloud Jumping game require your child to carry out a set of motor skills in a specific sequence. This strengthens and enhances the neuromuscular connections required for motor planning.

Other activity suggestions: Simon Says, Zumba, Charades, and "repeat after me" activities

