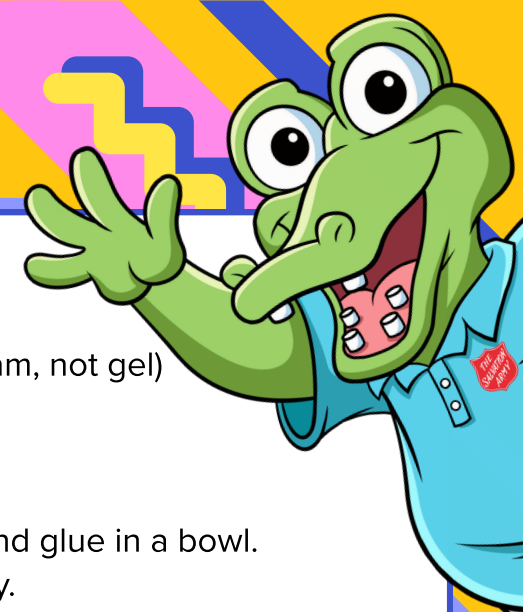


# RJ'S FAVORITE ACTIVITIES



## Floor is Lava

### Basic Rules

- Pick a space
- Anywhere with safe things to stand on.
- The floor is lava!
- If you touch the floor, you're "out" (or do a silly penalty instead).
- Use safe spots
  - Couches, chairs, pillows, rugs, —anything not the floor.
- Start the game
  - Someone yells "THE FLOOR IS LAVA!" and everyone must jump onto a safe spot immediately.
  - Keep moving
  - Players move from object to object without touching the floor.



### Fun Variations (great for different ages)

- Timer mode
  - The lava "rises" every 10–20 seconds, so low objects stop being safe.
- Freeze lava
  - Yell "freeze!"—everyone has to stop moving.
- Color lava
  - Only certain colors are safe (e.g., "Red is lava!").
- Animal mode
  - Move like frogs, crabs, dinosaurs, etc.
- No one gets out
  - If someone touches the floor, they do a silly dance or 5 jumping jacks and jump back in.

## Freeze Dance

### Basic Rules

- Set up music
- Use a phone, speaker, or music player.
- Start dancing
- Play the music and everyone dances however they want.
- Freeze!
- Stop the music suddenly.
- When the music stops, everyone must freeze.
- Who's out (optional)
  - Anyone who moves after the music stops is:
    - Out for that round or
    - Does a silly action (jumping jacks, funny face) and keeps playing
- Keep going
- Start the music again and repeat.



### Fun Variations

- No one is out
  - Just freeze and keep playing—perfect for younger kids.
- Silly poses
  - Call out poses like "superhero," "robot," or "statue."
- Theme music
  - Play animal songs, freeze songs, or kids' favorites.
- Slow motion
  - When music plays, kids must dance in slow motion.
- Leader freeze
  - One child leads the dance moves everyone copies.

## Puffy Paint

- You'll need:
  - Shaving cream (regular white foam, not gel)
  - School glue (like Elmer's)
  - Food coloring or washable paint
- Steps:
  - Put equal parts shaving cream and glue in a bowl.
  - Gently mix until smooth and fluffy.
  - Add a few drops of food coloring and stir.
  - Paint on paper or cardboard using brushes, cotton swabs, or fingers.
  - It dries puffy and textured in a few hours.

## I-Spy Art

- What You'll Need
  - Paper
  - Glue
  - Markers, crayons, or paint
  - Small household objects (pick 10–20)
    - Object ideas: Buttons, coins, paper clips, pasta, beads, LEGO pieces, bottle caps, cotton balls, washers, pom-poms, stickers
- How to Make It
  - Choose your objects
  - Pick small, flat items that can be glued down.
  - Glue them randomly
  - Spread glue on the paper and stick the objects all over—overlapping is okay!
  - Let it dry
  - Important before coloring.
  - Color over everything
  - Use markers, crayons, or paint to color the entire page so objects blend into the background.
  - Make the I-Spy list
  - On the bottom or a separate page, write or draw what to find:
    - Ex. "Find 3 buttons, 2 coins, 1 paper clip..."
- Play!
  - Kids search, circle, or point to the hidden objects.



KROC  
MEMPHIS