

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.

