

# CLIMB UP AND DOWN A TREE STUMP



# CLIMB UP AND DOWN A TREE STUMP

## **Objective**

This activity stimulates the kinaesthetic sense and the children practise basic motor skills and balancing.

### **Equipment**

Tree stumps

### Instructions

- 1. Let the children climb up on a tree stump.
- 2. Let the children climb down from or jump off the stump.

#### **Variation**

• If one or more stumps are available, the children can balance from stump to stump or crawl from stump to stump.