



# MARSHMALLOW TRIP



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## Objective

In this activity, the children's locomotor patterns are challenged in connection with locomotor skills and balance by experimenting and experiencing different ways of walking and using the muscles.

## Equipment

No equipment required.

## Instructions

1. The children and the adult imitate what it would be like to walk on different surfaces. For instance, marshmallows, in deep water, on hot sand, on wet grass, in snow, on ice, on marbles, in the forest, on clay, in a swamp, on a trampoline, on the moon...

## Tips

- Here the children can be involved in making a decision regarding which surfaces they will pretend to walk on.

## Variation

- Motor skills can be further challenged by, for example, standing on one leg or hopping on the various surfaces.