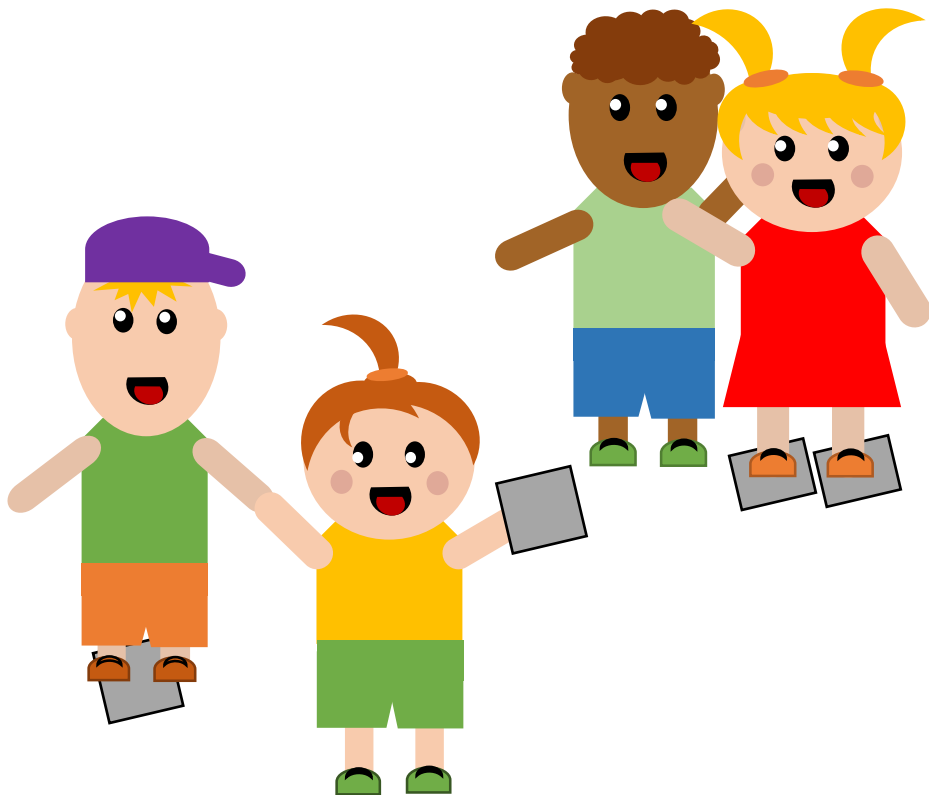




# CARPET TILES



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## Objective

In this activity the children play at a high-intensity pace by pushing and pulling each other on the carpet tiles. At the same time, the children challenge both motor and creativity skills by finding new ways to move around.

## Equipment

Small carpet tiles/slide pads or cleaning clothes

## Instructions

1. Two pairs of children sit on one or two tiles to find ways of pulling/pushing each other.
2. The children can run or walk, lie on their backs or stomachs or squat. The children can pull the others forwards, backwards, sideways, slalom style, etc.

## Variation

- The children can sit alone on one or two tiles.
- The children can pretend they are ice skating/skiing, twisting, crawling and so forth.