

# 4 Ideas with a Rope

Develops ability to create active play with the everyday



Have you ever tried to coil up a rope with a toddler around? All of a sudden you have a fish on the line, or a puppy on a lead, and now your rope is being dragged away for play. Pop a length of rope (or two!) in your active play box of tricks for hours of active, imaginative play.

## Rope ideas unravelled:

- **Tug-O-War** - place a team on each end of the rope. Find a spot on the ground to mark as the middle. Yell "go" and everyone starts pulling...until one team is pulled across the line. **Baby option** - try gentle tug-o-war games using a soft cloth.
- **Balance Bridge** - tie two lengths of rope between two trees. Keep one close to the ground for standing on, and another one up higher for hanging onto.
- **Jump the Snake** - lay your rope on the ground and wiggle it from side to side like a snake. Encourage your child to "jump over the snake!" Try a running leap too!
- **Tight Rope Walk** - lay rope along the ground. Try walking along the rope from start to finish without stepping off the rope. This activity develops coordination and balance.



## Develops upper body strength

Climbing, hanging and pulling develops large muscle skills.



## Develops creativity

Rope play is open-ended - allowing your child to imagine and invent.



## Develops social skills

Group activities engage children to work together and share.

**For more tips and ideas** go to [fb.me/MightyMoversCBR](https://fb.me/MightyMoversCBR) or [bluearth.org](http://bluearth.org)