

# healthy bodies

Ages 2  
and up



## Shape jump—building an interest in shapes

Engage in shared interaction with your child, helping them build their knowledge and interest in shapes through this fun physical game.

### Learning benefit / skills developed

- Encourages shape recognition, labelling and awareness.
- Encourages physical movement as your child jumps into each shape.
- Supports gross motor development

### What you'll need

- Masking tape
- Large Dice (or a box to make your own)
- Textas to draw/write on the dice (or you can print out pictures and cut and paste)

### Instructions

- Use masking tape to make shapes on the floor.
- Using the store bought dice, or making your own, draw on the shapes, or print them and paste them on.

- Roll the dice, encourage your child to jump into the shape that matches the one on the dice.
- Try different movements once in the shape, like star jumps inside the star, or making yourself into a circle standing in a circle, or becoming a triangle in the triangle shape.

### Tips / modifications

- As they play, encourage your child to label the shape (help with this if they are unsure). Your child may also enjoy rolling the dice themselves.
- You may wish to add a couple of unfamiliar shapes to build familiarity of shapes with your child.
- You can also do this game with colours, placing coloured paper on the floor and using dice with different coloured sides.