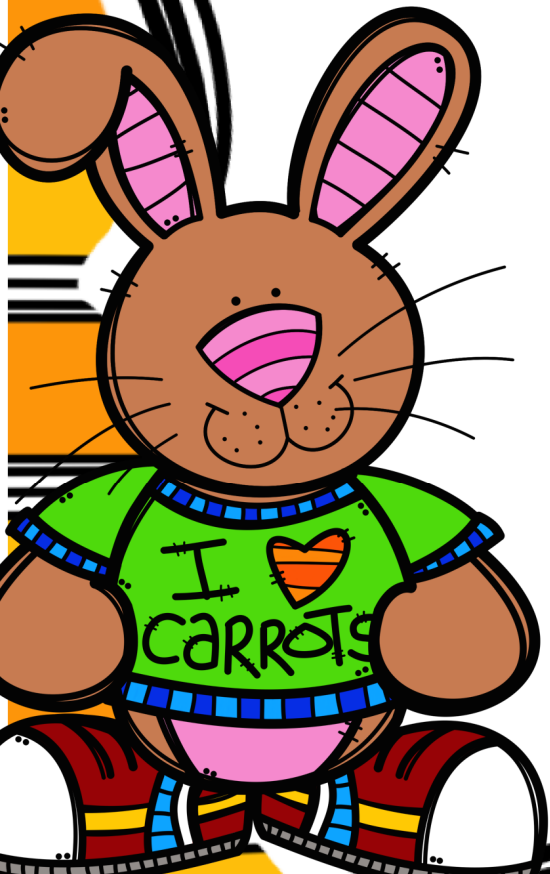




Bunny

HOP

Gross Motor
Game



Ages: Pre-School through School Age

Number of Players: A child can play individually or 2-4 children can play together.

Bunny Hop

Gross Motor Game



Addresses: Helps children improve their gross motor skills, endurance, motor planning skills, direction following, execution of a sequence, number skills, memory, and turn taking abilities.

Preparation:

- **Game Board:** Print and place in a plastic sleeve or laminate to increase durability.
- **Carrot Cards:** These may be printed onto card stock or laminated to increase durability. Cut into individual cards.
- **Forest Animal Action Cards:** These may be printed onto card stock or laminated to increase durability. Cut into individual cards.
- You will need to supply the following:
 - Die (one)
 - Small game token (one for each child)

Purpose of the Game:

- The child's goal is to move their token from the "Start" to "Finish" point (Bunny Hole) on the game board. The child will first pretend to be a Bunny.
- Next, the child will pretend to be one of the Forest Friends he/she meets while hopping through the forest. The Bunny will also collect carrots on his journey to the Bunny Hole.



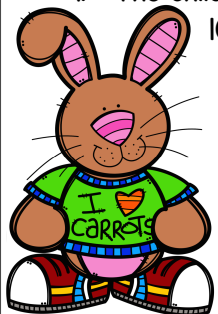
Directions and Set Up:

1. The adult places the game board on one side of the room.
2. The "Forest Animal Action Cards" are placed 4-10 feet away from the board. This distance between the game board and "Forest Animal Action Cards" will depend upon the space available and endurance of the children participating. The carrot cards should remain in a pile near the game board.
3. All children place their own token on the "Start" spot on the game board.
4. Each child rolls the die; the child with the highest number goes first.
5. The first child rolls the die and moves the token forward on the game board that many spaces.
6. The child will land on a space that directs him/her as to how many carrots to collect and which Forest Friend he will meet.
7. Next, while recalling what he/she landed upon, the child will hop like a Bunny across the floor to the "Forest Animal Action Cards."
Note: Directions to hop like a bunny can be found on the Game Board.
8. Recalling which "Forest Friend" he/she landed upon, the child will view that card. The child will imitate the action of that "Forest Friend" as he/she returns to the game board.
9. The child will then collect the correct number of carrots and place them on the carrot pile.
10. Each child takes turns in this same manner.

Game Over: When all players have made it to the bunny hole.

Variations:

- Adjust the distance between the board and carrot cards to minimize or maximize the endurance required while the child "hops."
- Game may end when the first player arrives at the bunny hole.
- Each child may count the entire collection of carrots as additional carrots are added.
- Each child may collect their own carrot pile to determine who assembled the most.



Bunny Hop

Gross Motor Game

Hop Like a Bunny!

1. Squat down to touch the floor with your palms flat.
2. Move hands forward and quickly follow with your feet to hop.

Start

Bunny Hole



Bear Walk



1. Bend forward to place hands on floor.
2. Move right hand and right foot at the same time.
3. Move left foot and left hand at the same time.
4. Go Slow!

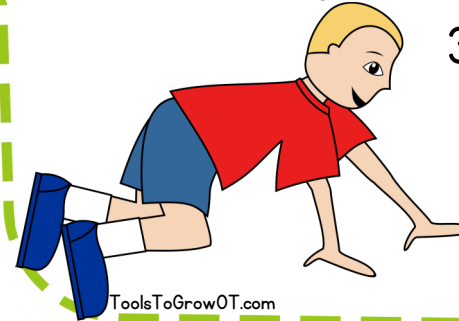


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Wolf Walk

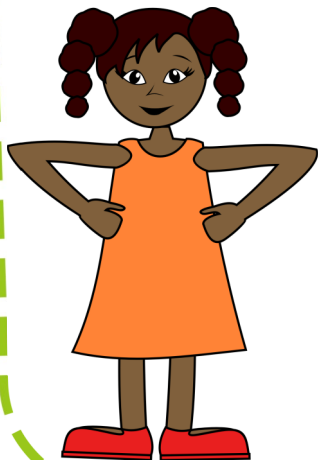


1. Kneels on all fours.
2. Slowly move your right arm and left leg at the same time.
3. Next move your left arm and right leg at same time.
4. Howl!



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Bird Fly



1. Place your hands on your hips and bend your elbows.
2. Move your elbows back and forth to flap your wings!

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Mouse Run



1. Bend forward to place hands on the floor.
2. Move right hand and right foot forward at the same time.
3. Move left hand and left foot forward at the same time.
4. Go fast!



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Moose Run



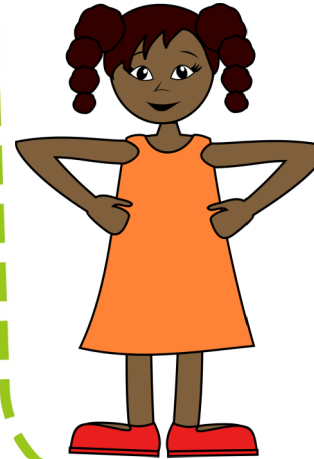
1. Bend forward to place hands on the floor.
2. Move right hand and right foot forward at the same time.



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3. Move left hand and left foot forward at the same time.
4. Go fast!

Owl Fly



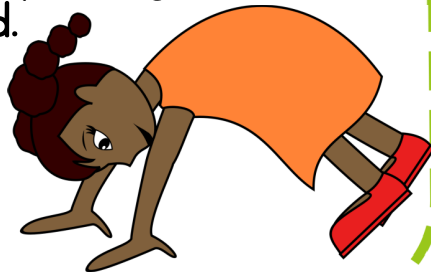
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1. Place your hands on your hips and bend your elbows.
2. Move your elbows back and forth to flap your wings!
3. Say "Hooooo"

Deer Walk



1. Bend forward to place hands on floor.
2. Bend forward moving your right hand and left foot forward.
3. Next move your left hand and right foot forward.

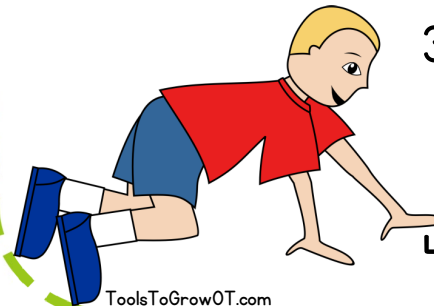


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Skunk Walk



1. Kneels on all fours.
2. Move your right arm and left leg at the same time.
3. Next move your left arm and right leg at same time.
4. Shake your tail!



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Fox Walk



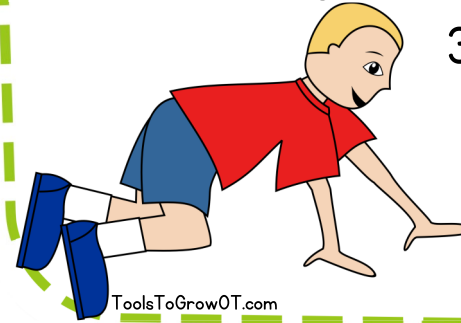
1. Bend down and place your fingertips on your toes.
2. Move each leg forward one at a time.
3. Try to keep your fingertips on your toes!

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Raccoon Walk



1. Kneels on all fours.
2. Slowly move your right arm and left leg at the same time.



3. Next move your left arm and right leg at same time.

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Hedgehog Run



1. Bend forward to place hands on floor.
2. Quickly move forward, alternating your right foot and right hand together.
3. Next quickly move your left hand and left foot together.



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Squirrel Jump



1. Place your hands in front of you.
2. Push off with your feet to spring forward.

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Carrot Cards



Bunny Hop
Gross Motor Game

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Carrot Cards



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Carrot Cards



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Carrot Cards



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