

# ACTIVITY IDEA WITH The Grasshopper



This workshop, in addition to promoting physical activity, encourages children to improve their coordination, listening skills and ability to follow instructions in a fun and interactive way.



## Explanations and warm-up:

Introduce the game to the children by explaining that Coco will show them three different positions: standing, sitting, and standing again. Their objective is to follow Coco's rhythm and reproduce her movements as precisely as possible.

## The game :

Start the game and start following the order of Coco's movements to reproduce: standing, sitting, standing. Those who make a mistake are gently eliminated from the round but can encourage their friends.

## Game variations:

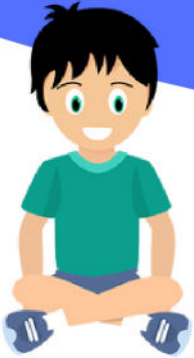
For example, divide the children into small groups and have them compete to see which group can follow Coco's rhythm and movements without making mistakes.

You can also add a crouch or jump position to make the game more complex and fun.

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## Finale :

The last children remaining in the game can be considered the winners of the round.

You can create a group or face-to-face "championship" to allow all children to play several times.

## Vote or Reward:

At the end of all rounds, you can either hold a vote for the "best spring" of the day, or give small rewards or certificates of participation to all the children to encourage them.

## Conclusion :

Provide a time for children to share what they liked about the game and what they found difficult. Emphasize the importance of movement, listening and following instructions in a fun atmosphere.