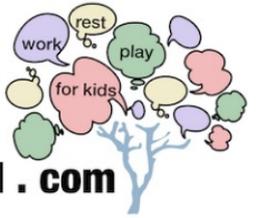


# 5 QUICK WAYS TO MOVE ABOUT

because #playmatters

Pauline and  
Lessons Learnt Journal . com



{silly fun}

## DUCK WALK

Do a duck walk across the room. Now do a duck walk across some pillows and back again.

{challenge}

## TUG-O-WAR

Have a tug-o-war with a friend, using a gym ball instead of rope.

{more please!}

## CANNON BALLS

Jump 10 times like a cannon ball into a pile of pillows or mats.

{friends}

## BLANKET RIDE

Pull your friend across the room on a pillow.

{muscles}

## WALL PUSH

Lying on your back, try to push the wall over using your feet.