

# One, two, three, jump

now  
14-18  
✓

## WHAT YOU NEED

Put down sheets of paper to be “puddles” or play as you come to the bottom step of the stairs. Use a ball to throw or a tower of bricks to knock down.

## HOW TO PLAY

Encourage the child to wait for the action word e.g. “One, two, three... JUMP!” Jump into hoops, puddles, or jump off steps. Try “One, two, three... UP!” and lift the child up. Throw a ball up, using “One, two, three... UP!” Or use “One, two, three... DOWN!” for knocking towers down or going down a slide.

These games can be played when you are out and about or with toys inside.