



Awake, Asleep

When an animal hibernates, they basically go into a long state of sleep. In this game, carpet squares or pillows will be placed in a circle on the floor. When music is playing, you and your child dance, hop, jump, or any other action around the pillows or carpet squares. But, when the music stops, find a place to lay down and sleep. When the next round starts, take one carpet square or pillow away. The game will continue this way until only one soft spot is left. Who will be the one to grab the last place to hibernate! This is a fun way to teach your child the basic rules of “Musical Chairs”!

