

BOARD GAME

Kinder®
Joy of moving

ALL YOU NEED TO PLAY THIS GAME IS TO WANT TO HAVE FUN!

Train your skills in the pillars of Joy of moving method
with Kinder Joy of moving board game

How to play

Each player rolls the dice before the game: the highest number goes first and the game proceeds clockwise. Each player can choose a token of their choice: a puppet, a ball, whatever you have at home. Each box represents an action to **train the 4 pillars of Joy of moving method.**



**PHYSICAL
FITNESS**



**MOTOR
COORDINATION**



**COGNITIVE FUNCTIONS
& CREATIVITY**



**LIFE
SKILLS**

BOARD GAME

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The actions are:



PHYSICAL FITNESS

2

Build your bridge in different ways. Create a bridge with your own body. Every time a playmate passes under your body, change the shape of the bridge.

7

30" **Skipping rope** with three different kinds of hops.

20

Hand hockey. Choose one opponent, then position yourselves 3 meters apart, one facing the other in a plank position. The aim is to score a goal by throwing a small, soft ball through your teammate's arms.

MOTOR COORDINATION



4

Hit the target. With a soft ball, try to hit a target placed 6 meters from the thrower.

11

Throw-clap-catch. Repeat the sequence (throw-clap-catch) with a soft ball, trying not to let it fall for 30".

15

Score under the chair. Kick a ball and try to score under a chair placed 5 meters away.

22

Hit the moving ball. Try to hit a moving ball by throwing another ball at it.



COGNITIVE FUNCTIONS & CREATIVITY

3

Sport mime. Mime different sports, your playmates have to guess them.

8

Pillow creativity challenge. Jump over a pillow, finding new ways to cross it every time.

13

The painter. Draw - by walking on the floor - something that your playmates have to guess.

17

Memory delay. One playmate starts making a sequence of different movements: you have to repeat it, staying one movement behind.

23

Chair creativity challenge. Pass over a chair, in as many ways as you can figure out.



LIFE SKILLS IN MUSIC



5

Freeze the Music. Every time the music stops, your feet must not touch the floor.

9

Musical Statues. Every time the music stops, you have to freeze on the spot and reproduce a statue with your body.

16

King of the dance floor. All the players must follow and reproduce the dance moves as the one appointed «King».

21

Dance all together. Create dance moves all together.



A CHALLENGE FOR ALL

The player who wins this challenge gains an extra roll of the dice.

6

Frog jumps. 8 meters challenge, jumping like a frog.

10

Obstacle course. Set a course in your home with different obstacles (chair, table, pillow, sofa, etc.). Then start the clock and begin to run. Try to get the best time.

14

Recall movements. One player starts with a single movement. The player next to him, has to reproduce that movement and create another one right after. Continue with this sequence, by reproducing all the movements done before and adding new ones every turn.

19

Balance challenge. Keep the one leg balance position longer than your playmates.

OH NOO!



12

Oh noo! You fall. Your playmates decide a forfeit.

18

Oh noo! You slip. Skip your turn.