

## Colours

1. Start with traffic light colours i.e. Red means stop, Green means go, Amber means jump up and down on the spot.
2. Instruct children as to what they should do.
3. When 'Red' prompt is called, ensure that the children stand still for at least 10 seconds (this helps develop balance).
4. Add additional colours to link with skills, e.g. Purple means hop, Blue means run, etc.
5. To develop children's balance further, instruct them to stand on one foot when 'Red' is called out.
6. Get children involved by encouraging them to help select the colours and moves.

### Benefits

Supports gross motor skills, other areas of learning, topics, imagination, spatial awareness, balance and children reluctant to do physical activities.

**\*\*When children stand still for an extended period of time it helps with balance and to build muscle strength.\*\***