

Limbo



Try putting on some fun Hawaiian music for this game that tests your flexibility!

Supplies:

- Long stick, pole, or broom
- Stereo & music (optional)

Directions:

1. Most people know how to do the limbo, but here are some instructions just in case: Have two children be in charge of holding the stick or broom for the other children to "limbo" under
2. All the other children from a single-file line
3. Start by holding the stick at an easy height, horizontally
4. While the music is playing, each child takes a turn walking under the limbo stick
5. They must bend their knees and arch their back in order to go under the limbo, If they can make it, they go to the back of the line
6. If they touch the stick or fall over or down, they are out, and must wait until the next game. Falling usually means when a body part, other than just the feet, touches the ground.

7. After all children have had a turn, the stick gets lowered for the next round
8. Feel free to mix it up a bit by adding in funny instructions like limbo-ing while dancing, or with their eyes closed, or in pairs with linked elbows! Changing up the directions can help make this game last for longer and a lot more fun and interesting.