

The Floor is Lava Dance – Grades 5-10

Needed Materials: Construction paper and tough tape

Instructions: “The Floor is Lava Dance” game is very similar to the traditional lava game where players pretend the floor is filled with lava and to go from one area to the next without touching the ground.

Each Participant must transfer from one designated safe spot or object to the next. To start, select 5 different colors of construction paper and choose a different dance move for each color - a movement that is simple and easy to do when moving from color to color.

You can write the name of the move on the construction sheet or colored sheet. Next, tape multiples of the colors to the floor to use as safe spots to get from one area of the room to the next. Review with the players what the moves are for each color and then you’re ready to begin. Allow one or two students to go at a time (doesn’t have to be a competition) and they’ll want to get from one side of the room to the next making sure not to fall off the papers and execute the simple movements of each colors

Examples of Movements to Colored Sheets

Blue- stomp / slap knee (or something accessible if using a wheelchair)

Yellow- clap

Red- wave

Green- kick /punch (if using a wheelchair)

Pink- arm circles/head circles (accommodation)

