



ICE LASER

Let's play and have some serious fun!

How to play

- 2 players: one player holds one end of the rope and ties the other end to the leg of a chair or low piece of furniture.
- The other player, the jumper, has to try to get over the ice laser (rope) without being touched.
- The player holding the rope can make waves, move it up and down or swing it.
- The jumper has to reach the other side, dodging the laser to win a point. If she is touched by the rope, she starts all over again. When her turn is up, the players switch roles.
- Be careful: the player holding the rope must immediately drop it to the ground if it touches the jumper, to prevent them from getting hurt.
- 3 or more players: the rope is held by two players and the game is played as above.
- No pranks with the rope are allowed as the jumper could fall and hurt themselves.

HOW

Play with 1-2 long,
light ropes.

WHO

2+ players
Basic game: 3+
Variations: 5+

WHERE

At home (in a big room
with no fragile objects)
and outdoors
(garden, yard, park).

One game leads to another

1 Different moves

Try moving the laser in different ways to see which is the best way not to be hit; or when you've gotten really good at it, make it harder: for example, running backwards, galloping, rolling on the ground...

2 Super laser

Watch out, now the laser is going to move even faster! It can even go forwards and backwards! Wait for the right moment to get over it.

3 Double laser

The guards have activated a maximum-security system: now you have to get past two lasers at the same time (two ropes 1-2 meters apart). Watch out! The lasers can hit you from any direction (for instance, one from above and one from below).

4 Explore in pairs

Join forces and navigate the danger together! You can start by simply holding hands; then find other ways of getting past the laser while keeping in contact.

5 Transporting objects

Try getting past the laser while transporting an object (e.g. a ball); let's see if you can do it while bouncing it or throwing it in the air and catching it on the other side of the rope.

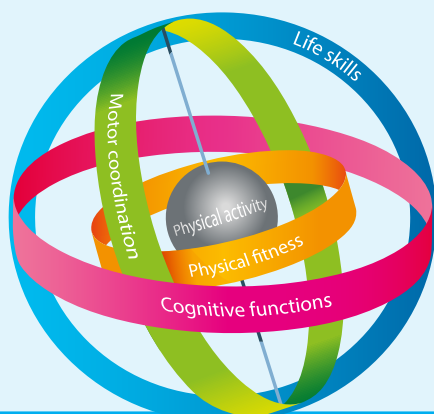
How the game becomes a story

The family storyteller can start off like this: "There was once a planet, far far away from Earth. One day, explorers arrived on the planet, they walked and walked until they came to village. At the gates of the village were guards with ice lasers to block any intruders. The explorers knew that to get into the village they would have to adopt a strategy to get past the laser without being tagged and 'frozen'!" Now continue the story using your imagination...

Fun games for a joyful growth

Joy of moving method

This game is inspired by the scientifically recognized Joy of moving educational method that encourages children to get moving through play and enables them to improve or acquire skills in an engaging and joyful way. The games challenge your kids by training the 4 rings which are fundamental for their growth, ranging from physical fitness and motor coordination to cognitive functions and life skills.



Getting inside the game

In this game, the children have a short timeframe to find the 'right moment' to get across the rope, as well as finding new solutions to overcome the constraints posed by the player moving the rope and outwit them. In the variations, the constraints gradually increase (double laser, super laser, in pairs), which means finding the timing to get over the rope with ever greater accuracy. The added value of the variation in pairs, albeit more difficult, is in the relationship created: the children must synchronize their movements, with the more skilled of the two guiding the other, overcoming hesitation, and finding the right moment to get over together.

Put your own twist on the game and build a play community

Try elaborating this game. Well done explorers, but this is just the start of your adventure, there are lots more planets and villages to discover. Who knows if the journey will be tougher... how can we make the path to the next village more difficult? Will they have the same security systems, or can we invent new ones?

Maybe movements in a secret code that neutralize the laser and prevent it from freezing?

We can introduce another task having got past the laser (solving a new problem, getting past a new obstacle, facing a new challenge). What could it be?

Share with others your family playtime moments
by tagging [@kinderjoyofmoving](https://www.instagram.com/kinderjoyofmoving) and using [#kinderjoyofmoving](https://www.instagram.com/kinderjoyofmoving)
we have more fun together!

Growing up active, growing up happy!

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