



THE STROBOSCOPIC RAY

Let's play and have some serious fun!

How to play

- Decide who will be the DJ first and who will be the players.
- When the DJ starts the music, move around the room freely.
- As soon as the music stops, lift one foot off the ground as fast as possible.
- How? It's up to you to find the solution!
- You have three seconds to do it otherwise you'll be hit by the DJ's imaginary stroboscopic ray, and you'll lose a point!
- Everyone starts the game with five points.

HOW

Play in a room with objects you can climb onto (cushions, sofas, chairs, tables) and have a music source.

WHO

2+ players
Basic game and variations 1-3: 4+
Variations 4-6: 7+

WHERE

At home
(room or terrace).

One game leads to another

- 1 Keep time with your hands, your feet...**
When the music starts, the DJ is your pal, and he plays new songs to teach you how to move faster and slower. Try clapping or stomping your feet in time while standing, then beat a part of your body in time while sitting down.
- 2 Can I think straight?**
Now the DJ tries to confuse you: when he plays slow music, clap your hands fast; when he plays fast music, clap your hands slowly. Don't be confused by your hand clapping, keep clapping in time to the music!
- 3 Watch out for the strobe!**
Be careful, when the DJ stops the music, he becomes your enemy and will try to catch you with his powerful ray! The only way you can neutralize it is by keeping your feet off the floor, climbing onto a different object each time... think of your next safe place while you're dancing!
- 4 It's complicated!**
Now the DJ is going to put you to the test: when the music stops, you can neither keep your feet on the floor nor on a safe object. How can you balance on something without putting your feet on it?
- 5 It's even more complicated!**
The DJ is pushing you to the limit now: when the music stops, get on the same object as the previous time and the DJ will try to hit you with his strobe unless you manage to balance on the object using a smaller part of your body each time (e.g. first you lie on it, then you sit on it, then kneel on two knees, on one knee, on one foot, on tippytoes, then...).
- 6 Strength in numbers**
If there are more than two players, you can join forces and help each other escape the strobe. When the DJ stops the music, he will tell you how many parts of the body can be on your safe object: "4, 3, 2 parts!" Stick together, you must have exactly that number of parts on the object when you get on it together. Next, the DJ will tell you what parts to use: "Two hands and one foot!", "One hand, one foot and whatever other part you want!" Try to find what's best for you, the position that best suits your characteristics and skills.

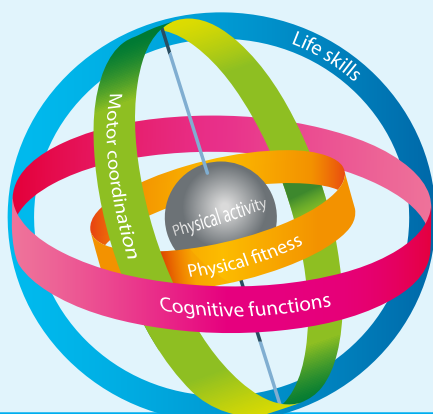
How the game becomes a story

The family storyteller can start off like this: "Shut your eyes tight... now open them... suddenly and magically, we have been teletransported into a disco! Just imagine a fantastic disco, full of lights and sounds. But there's a problem... the DJ is envious of your great dance moves, and he's decided to mess with you: he turns off the music whenever he feels like it and hits your feet with his stroboscopic ray! Here's a tip: it only works if your feet are on the floor, so you'll be safe if they're not touching the ground! But that DJ is getting smarter, and you'll have to do more to save yourselves from his terrible strobe..." 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

This game stimulates rhythmic ability and brings into play motor as well as tactical creativity. Beating along to the music with different parts of the body, without being confused by the DJ who occasionally beats a different tempo, trains children in the ability to rhythmically combine the movements of various parts of the body. The constraints placed by the DJ on how many and which parts of the body are allowed to touch the floor as body supports, alone or by joining other children, stimulate motor and cooperative creativity. Tactical creativity also comes into play here: the children must think ahead and work out the next solution while moving to the music, identifying the most effective tactical solutions to avoid being hit by the strobe.

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

Try elaborating this game. If you have survived the super-dangerous DJ strobe, then you're the kings and queens of the dancefloor! How can the DJ make it hard for you? Maybe by making you dance while holding something like a ball or a ribbon? Or not letting something drop but without holding it too tightly? Or preventing your playmate from stealing what you have in your hand? Dancing on your own gets a bit boring after a while, what else can we do? How about passing an object to our playmate while dancing?

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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