

Research and Developmental Benefits of Locomotor Play

The Floor is Lava

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Materials /Space Needed:

~50 x 80 ft of space (indoors or outdoors)

Loose parts! (e.g., cardboard boxes, wooden blocks, ropes, cups, buckets, paper tubes, etc.

How to Play:

All players help create a path from one point of the space to another (or outside, set up markers) using any loose parts.

Once a path has been created – THE FLOOR IS LAVA! Everyone must get from one side to the other without touching the ground.

If a player touches the ground, they must run back and start on the path again

Adaptation / Modifications:

Difficulty level can be increased or decreased by the number of loose parts used or how far the end point of the path is.



Image source: <https://health.act.gov.au/about-our-health-system/healthy-living/kids-play-active-play/active-play/active-play-kids>

Research Blurb:

Spencer et al. (2019) describe loose parts as “natural or synthetic resources that can be used in more than one way, thereby allowing children to experiment through play” (p. 463). Loose parts in children’s play can permit many benefits such as imagination and creativity, determination and resilience, confidence, and aids in building relationships and leadership (Spencer et al., 2019).