Noodle Nonsense

Fun Movement Activities

Objectives:
Experience fun physical activities using a foam or blow-up noodle.

Age:
8 years and older.

Length:
Approximately 15 to 20 minutes.

Supplies and Materials:
1. Blow-up or foam noodles (4 to 5 feet in length) – one per person.
2. Balloons – one for every two people.
3. Hula hoops – one for every three people.

Special Considerations:
Wheelchair-Bound Participants: For players in wheelchairs, modify activities to use arms.

Activity Directions:
1. Share with the group that all games are made up – someone came up with an idea for having fun and a game was made. Games can be played alone or with others.

2. Before distributing the noodles, remind players of the number one rule – the noodles are for playing games not for hitting other people. It may be helpful to ask players to hold the noodles around their backs between games.

3. Lead the following individual games:
   a) Balance the noodle lengthwise (vertically) in the palm of your hand while walking around.

   b) Balance the noodle on your hand and pop it into the air. Catch it with the other hand, still balancing it lengthwise.

   c) Balance the noodle on other body parts – back of your hand, your head, your back, a knee, etc.
d) Pretend you are a helicopter with the noodle as your propeller.

e) Toss you noodle as high as you can and catch it. Clap as many times as you can before catching it.

f) Throw your noodle like it is a javelin – go for distance.

g) Lay your noodle on the floor and run around it as fast as you can. Now pretend you are a skier and with your feet together, jump over the noodles from side to side.

4. Lead the following games for two or more players:
   a) Toss and catch the noodle with a partner. Now toss and catch both noodles at the same time. See how far apart you can get and still catch the noodles.

   b) Toss your noodles as high as you can and catch your partner’s noodle. The goal is to toss your noodle so your partner can catch it. Toss at the same time.

   c) Toss the noodle to your partner while they are moving (walking, running or jumping) and they try to catch it.

   d) In groups of three or more, throw your noodles through a hula hoop held by another person. How far can you throw the noodle and still make it? Trade positions.

   e) With the noodle behind your back, around your waist (one end sticking out) volley a balloon back and forth using your noodle to keep the balloon off the ground. Start with two players then switch to four players. Add more balloons.

   b) Divide into groups of ten. Using all your noodles, create a picture on the ground. Have other groups guess what it is.

**Take Home Tidbit**

Take home slip says the following:

“Ask me about the games we played with noodles at the WIN Kids Fun Day.”

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