

# Home activities...



## Sleeping Froggies

Baby &  
Pre-school  
age 0-4



Active



Stimulation



Play



### The basic principles of the activity & how you execute it

This covers skill, patience and changing direction!

- Start off by lying on the floor and saying "shhhhh let's go to sleep"
- Sing the song whilst lying on your back relaxing then when the song tells you to wake up, jump up high and hop around like frogs until you shout stop!

See the sleeping froggies, sleeping 'till it's noon.

Come let us wake them with a merry tune.

Oh how still, are they ill? WAKE UP NOW!

Hop little froggies, hop, hop, hop.

Hop little froggies, hop, hop, hop.

Hop little froggies, hop, hop, hop.

Hop little froggies, hop, hop, STOP!



### What you will need

A comfortable surface is needed



### Notes for parents

Parents can join in too! This activity helps the child to understand how to keep nice and still (floating) and be disciplined at staying still then react quickly to the directions and change of tempo.



Find out more information at [puddleducks.com](http://puddleducks.com)

