

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Unicorn Run

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### Game Description:

A silly activity that turns everyone into a unicorn!

### Objective:

Run around like a unicorn!

### Game Rules:

Imagine you are all unicorns, using noodles as horns. Go for a unicorn adventure run into an imaginary land, you can jump over rivers and run as fast as an airplanes!

### AGE:

2 to 3 years  
4 to 6 years

### TYPE OF ACTIVITY:

Multi-skill game

### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)

### HOW MANY LEADERS ARE NEEDED:

Only 1  
2 Leaders  
3 - 4 Leaders

### HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)  
Medium group (6 - 15 kids)  
Large group (16+ kids)

### TYPES OF SKILLS PRACTICED:

Agility  
Coordination  
Gallop  
Jump  
Run