



Board the Lifeboat Bravely

Each successful boarding makes the pretend lifeboat smaller, challenging the family to change positions and keep every teammate aboard.

Helps Your Child Grow



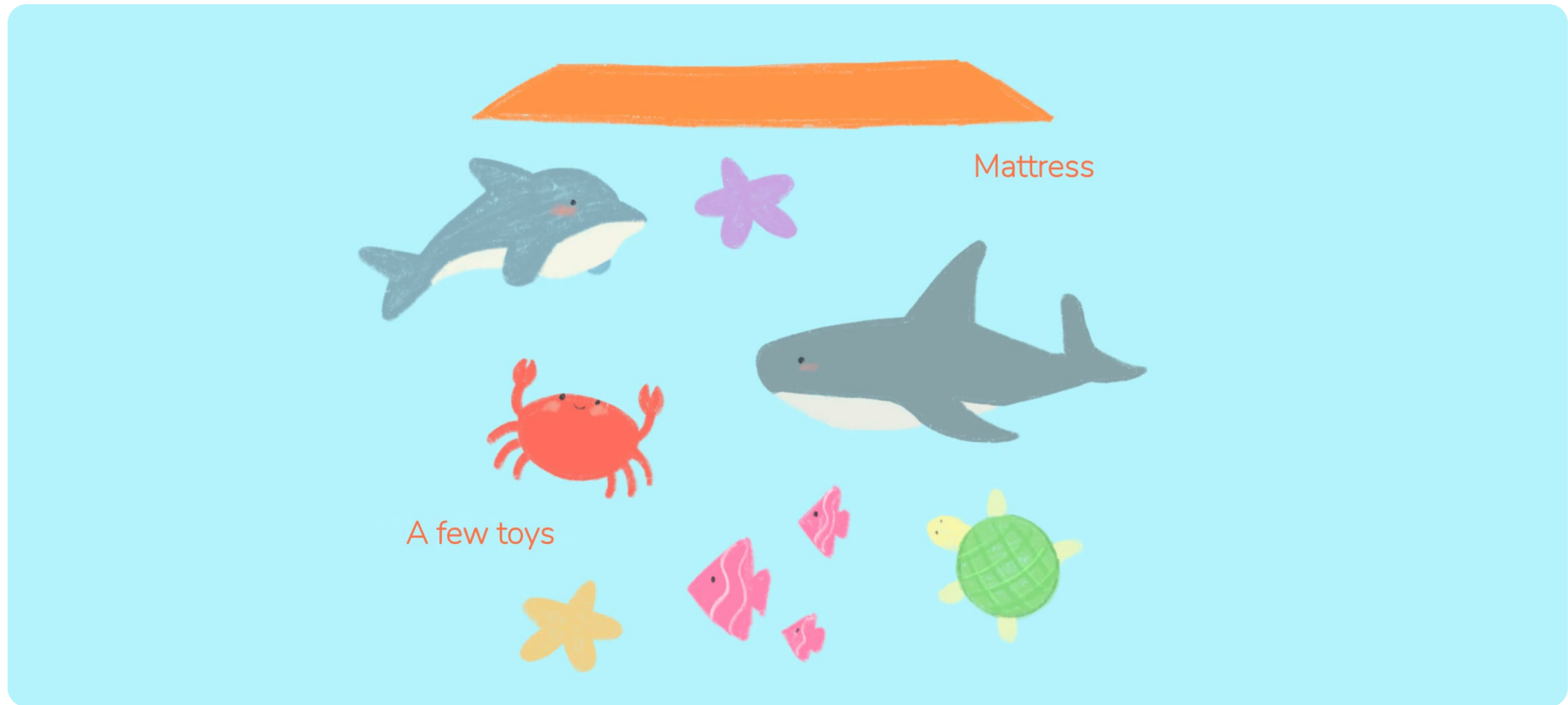
Gross Motor

Adjusting posture as the lifeboat becomes smaller gives your child practice coordinating movement and maintaining balance.



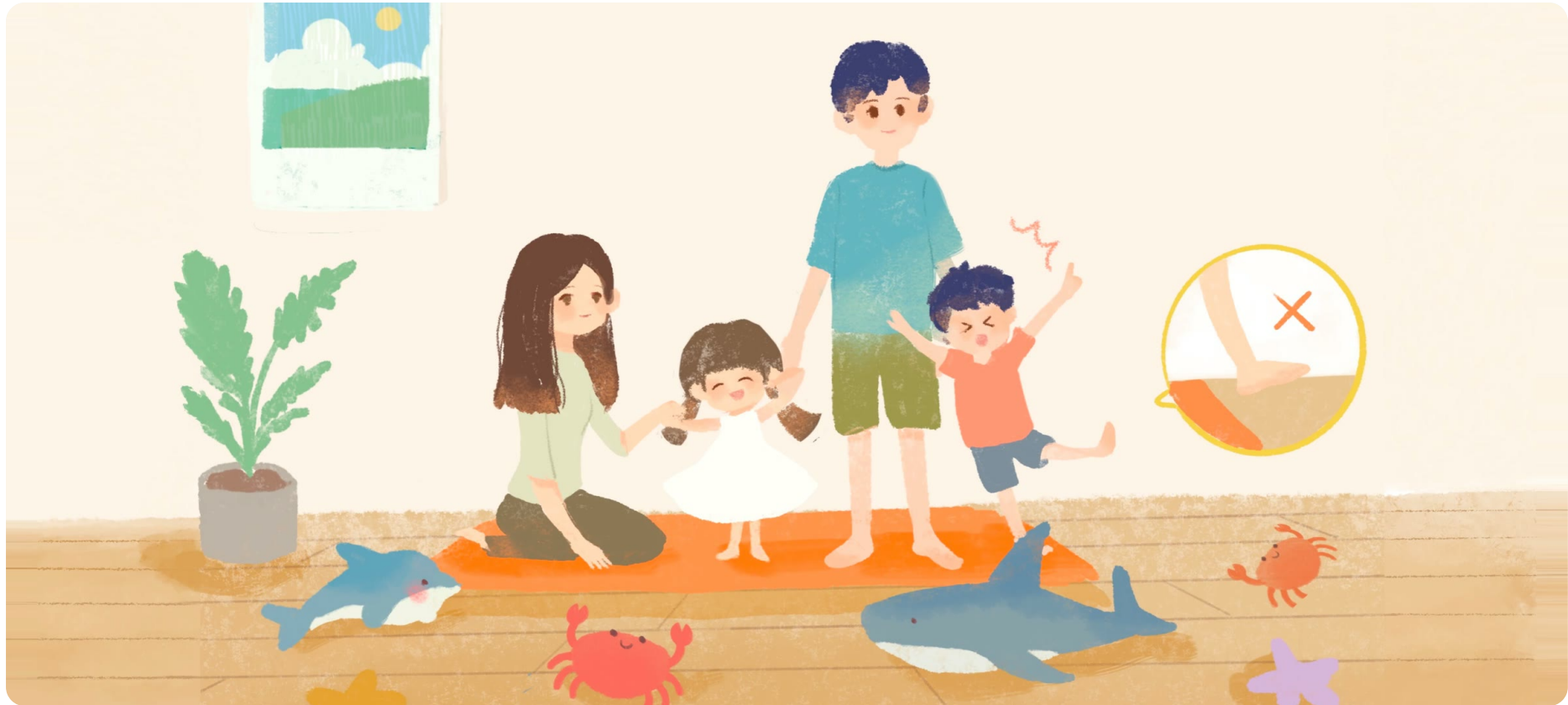
Relationships with Adults

Working within a close, trusted family group gives your child practice helping teammates stay aboard.



What You'll Need

1. Mattress
2. several toy figures



Board the Lifeboat

Place a mattress on the floor and imagine it is a lifeboat. Add toy animals around it to set the scene. Family members board one at a time. Explain that a turn ends if a hand or foot touches the floor outside the mattress.

Observations

- Balances on the mattress after boarding the pretend lifeboat
- Keeps their hands and feet off the floor while following the game rule

Tips

- Choose a mattress size that fits the number of players while keeping the crossing challenge manageable.
- Describe the pretend surroundings together. Adding story details makes later challenges more engaging and also supports #LC-CnS.



The Boat Is Getting Smaller

After everyone boards successfully, fold the mattress to make the space smaller and try again. If a teammate begins to lose balance, invite your child to think of a way to help.

Observations

- Shows concern when it looks as though you might fall from the pretend lifeboat
- Adjusts their posture to balance after the mattress becomes smaller

Tips

- Match the blanket size to the number of players. If it is too large, fold it into a smaller area.
- Demonstrate one way to help, such as holding hands, then encourage your child to invent another.
- Count each fold and notice the relationship: more folds create a smaller standing area.



Keep Everyone Aboard

Continue shrinking the space and give your child opportunities to solve the new problem. The family might stand differently, hold one another, or carry a smaller teammate so nobody touches the floor.

Observations

- Asks for help when they are about to lose balance: “Mom, help me.”
- Thinks of a way to keep everyone aboard the lifeboat

Tips

- Clear the surrounding floor so an accidental step or tumble is less likely to cause an injury.
- If your child needs an idea, ask, “Would it work if I held you?”
- Add toy animals that also need space on the lifeboat to increase the challenge.