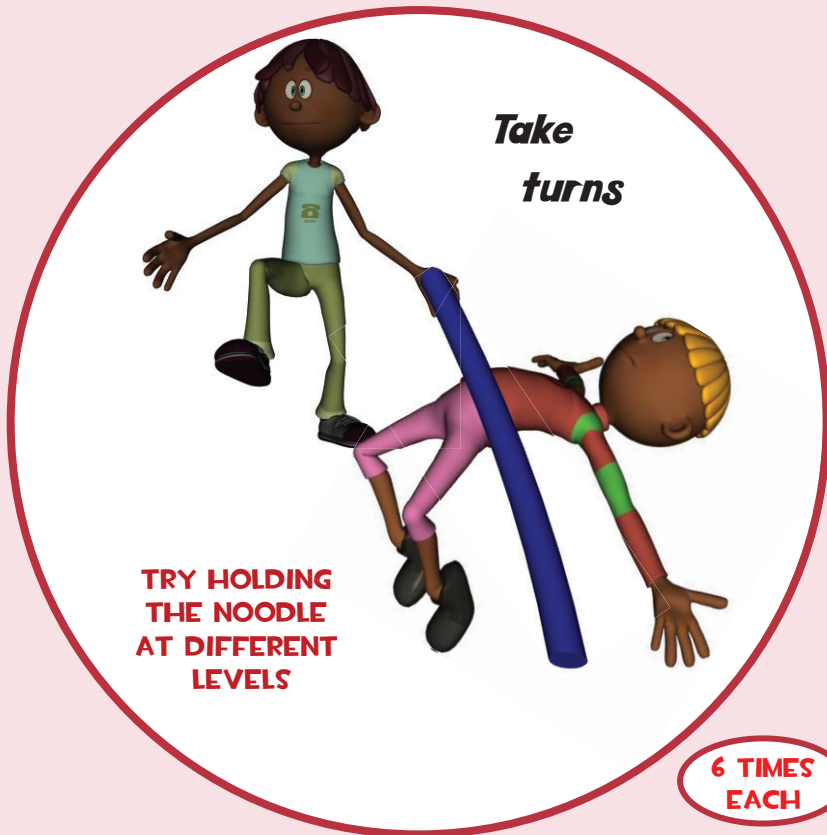


# DO THE LIMBO



Have a family member or friend hold a pool noodle or a broom stick at different levels while you do the “limbo” underneath it. Switch jobs!

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Home Learning Activity



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## What do I need?

1. **Limbo Stick:** You can use a pool noodle, broomstick, yardstick or any other straight object
2. **Music:** Play some music if you can. Reggae or Calypso music is the best for doing a Limbo



## How can I make it more fun?

1. **How Low Can You Go:** See how low you can safely go under the limbo stick. Make sure you arch your back as you travel under
2. **Make it a Family Event:** Let the whole family try to limbo. Incorporate some balloons and have some FUN!!



# DO THE LIMBO