

LIMBO



GET ACTIVE



10 MINUTES



IN THE
CUPBOARD



GETTING INTO THE ACTIVITY

How low can you go? Encourage all the family to join in with a game of Limbo - who will be crowned the family champion?

Limbo is a dance which originates from Trinidad in the Caribbean. It has since become a popular game played by children across the world.

A grown-up will need to hold a pole or broom handle at chest height. This is your limbo pole and it marks the line people have to pass under. As the game goes on, this bar will get lower and lower. Those playing take turns going under the stick without touching it, bending your knees and leaning as far back as necessary. No hands may touch the floor. This will be easy at first but with each round the stick gets lower. Anyone who falls or touches the ground with their hands is out. The last person left in the game is the winner.

If you're not sure of how to limbo, then search for a video online to help you perfect your limbo technique.



WHAT YOU'LL NEED

- Pole / Broom Handle



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture or video of you playing limbo with your BB group or post on social media using #BBatHOME.