



# ROLY POLY BUG RACES



## FUN FACT

Roly Poly bugs are known by a variety of names including pill bugs and sow bugs. They can live from two to five years.

**T**his favorite bug, despite their name, is not a bug at all! They are in the family of crabs! It's very common to find our Roly Poly friends under rocks. Roly Polies can roll their bodies into a ball. That's how they got their name, Roly Poly, because they roll.

In honor of this "bug that isn't," play some Roly Poly Bug Races.

First prepare an area that is big enough for the people playing to roll across without hitting anything or rolling over anything.

Designate a start and a finish line.

### ROLY POLY WARM UP.

Lay stretched out on your belly.

Roll up into a ball as fast as you can.

Unroll.

In these races, everyone is a Roly Poly. Adults can play too, but the kids will probably beat you every time.

### RACE 1

Choose one person to yell out "Roly Polies Get Ready! Get set! Go!" or do it together as a group.

At the shout of, "Roly Polies get ready!", racers stretch out on their bellies at the starting line.

At the shout of, "Get set!", racers get ready to race.

At the shout of "Roly Polies Go!", the racers wriggle across the floor as if they had 14 legs like a real roly poly. The number of legs is a

dead give away that this animal is not a bug! Half way to the finish, each racer rolls up in a ball, does one forward roll towards the finish line, and ends crossing the finish line in the stretched out, unrolled wriggling position.

### RACE 2

Roll the race as in race one with one change. Racers roll into a ball sooner, make two forward rolls, stretch out and wriggle across the finish line.

### RACE 3

After the call, "Roly Polies Go!", racers roll up in a ball immediately and roll the whole way across the finish line.

### RACE 4

Choose two racers. Choose one who will roll the whole way and one who will crawl.

See who is faster.

NOTE: IT IS OKAY TO CHANGE WRIGGLING ON THE STOMACH LIKE YOU HAVE 14 LEGS TO CRAWLING ON ALL FOURS. IT MIGHT BE EASIER FOR HUMAN ROLY POLIES.

## HAVE FUN!

