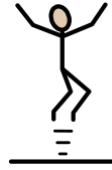


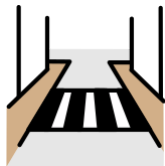
Ideas to help someone understand the 2 metre rule and experience what it feels like



Go round the house and garden with a tape measure and find things which are 2 metres long



Draw a 2 metre line with chalk on the ground and hop or jump from one end to the other



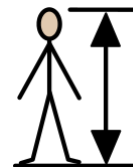
Draw two parallel 2 metre lines outside and see what pictures you can turn the lines into, e.g. ladder, zebra crossing



Put a bucket at one end of a 2 metre line. Standing at the other end throw bean bags or balls into the bucket



Draw a 2 metre line and with one person at either end see how many times you can kick/roll/throw a ball to each other successfully



Use a measuring tape to measure everyone in your house. Who is the nearest to 2 metres long? What does that look like if they lie down?