

STROBE MANIA NIGHT

Get a strobe light and play games with it. Most strobes have an adjustment for higher and lower sequencing (greater or lesser intervals between flashes), which makes the following activities fun—especially if you videotape them and replay them for the kids.

- **Creature Feature.** Set the strobe at a high rate and position it about 40 feet from where the kids do their thing. For the trick to work you need total darkness. Have the kids shuffle their feet across the room as rapidly as they can, one at a time. The rest of the group watches as the strobe is turned on. The result is the illusion that the person floats across the room. See who can do it the best. Creativity and video replay make this one a lot of fun.
- **Surprise Tag.** Set the strobe at a low rate. Have kids move from place to place, and the result is that they appear to mysteriously move from one spot to another.
- **Trampoline Delight.** Use a small exercise trampoline and cover it with a piece of dark cloth. Then have the kids do the Creature Feature (above) and end by bouncing up on the trampoline. They'll appear to suddenly shoot up into the air.