

BALLS

building problem solving skills

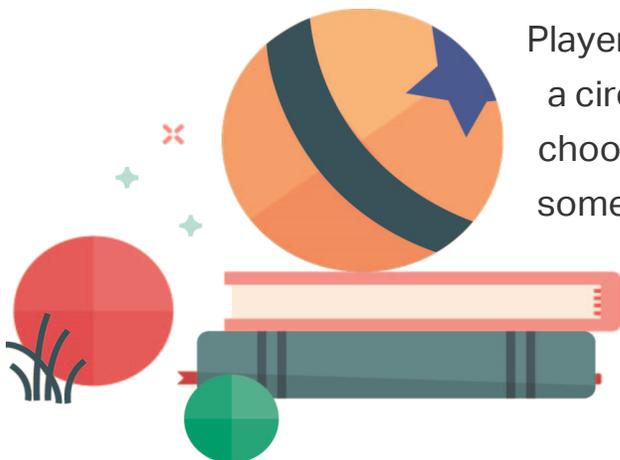
BALL TRANSFER Using a spoon and only one hand, players try to transfer the moist cotton balls in 30 seconds from a bowl to a plate. Whichever player transfers the most cotton balls wins. Blindfold players to make it more challenging.

BOWLING Divide children into two teams. Set up five empty bottles per team. Give each team at least three balls. Teams roll balls into bottles. The team that knocks down all the bottles first wins.

PIG Children stand in a circle and throw the ball back and forth in no specific pattern between players. Each time a player fails to catch the ball, he will gain one letter of the word PIG. When a child spells PIG, he is "out." The last player remaining wins. Extend the game by using a longer word such as HORSE.

MONKEY

Players form a circle and choose someone



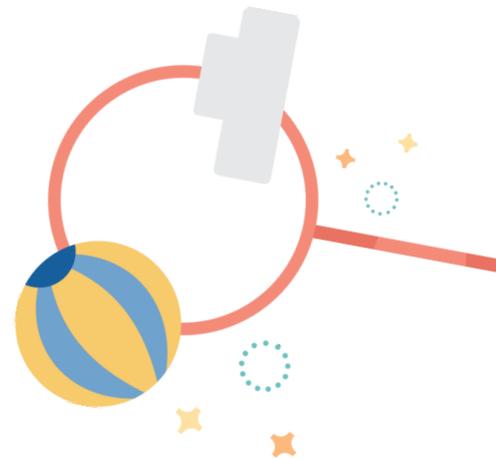
("Monkey") to be in the center.

The players pass one ball among them while the person in the center

tries to gain

control of the

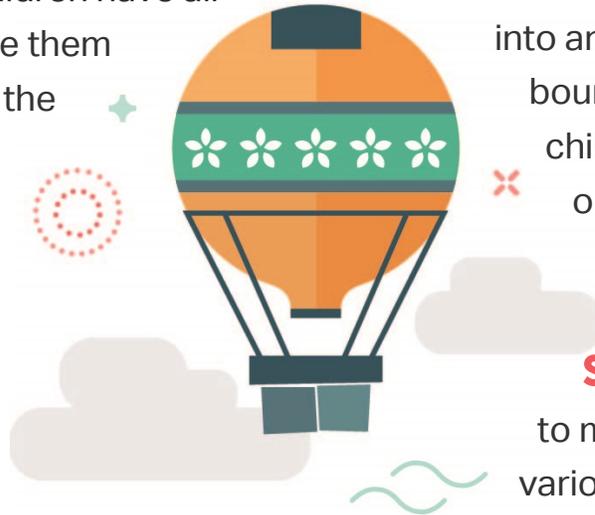
ball. When this happens, the last person in the circle who touched the ball goes to the center.



PARACHUTE Have the children hold and stretch the edges of a large sheet. Place a ball in the center. Have players gently flap the sheet up and down so the ball bounces. Count out loud to keep track of how long the children can keep the ball going without it bouncing away. Add more balls to make the game more challenging.

RHYMING GAME Everyone sits in a circle. Hold a ball and say a word then roll it to the next person. The person who receives the ball needs to say a word that rhymes with your word. Take turns choosing the first word and the rhyming word. Make it challenging by having everyone say two rhyming words.

NAME BALL Players stand in a large circle. One child starts by saying his name and then gently passes a small, easy-to-grip ball to the child to either his right or left. The child receiving the ball must then say own name as the ball is caught. After the children have all said their name, have them call out the name of the person to whom they're tossing the ball. Make it challenging by speeding up.



PLAY CATCH

Using a variety of bouncy or cloth balls, try these activities: Drop the ball, let it bounce and then catch it • Throw the ball into the air and catch it • See how high you can throw the ball and still catch it • Throw the ball into the air and see how many times you can clap your hands before you catch it • Throw the ball against the wall and catch it • Throw the ball back and forth with a friend.

FOUR SQUARE Draw a square that is at least six feet wide and divide the square into four small equal-sized squares. Number each square one

through four. A child will be in each square. The child in the first square will bounce a ball into another child's square without hitting the lines. The child in that square must hit the ball into another child's square before the ball bounces twice. A child who doesn't hit the ball into another square before it bounces twice is "out." All children rotate up a number. The object is to reach square one and remain there.

SHAPE DRIBBLE Use tape to make different shapes of various sizes on the floor.

Encourage your child to identify the shapes. In addition, she can bounce the ball inside the different shapes. To make it more challenging, have your child dribble the ball along the shape outline to practice eye hand coordination.

TAPE SHAPE FUN Find an open area in your home. Using masking tape, outline an obstacle course on the floor. With the course laid out, take a ball through it. Try a variety of ways to go through the course: speed, blindfolded, backwards, with someone giving directions and any other way you can think of.