

Cumbria County Council

**What can I do  
today?**



**This week it is ... bottles!**

## **Thursday**

### **Milk bottle ball catcher!**

- Cut the bottom of a milk bottle off, ensuring you have left the handle in place. You may want to put tape around the edge if it is sharp
- Throw a soft ball or a pom-pom for your child to try to catch in the milk jug catcher! How many can they catch out of 5? Each time they catch it can they take a step back to make it harder?
- You could try attaching a piece of elastic to the pom-pom and the milk bottle catcher so your child can throw it up and catch it, making it safer for indoor practice!