

Cumbria County Council
Early Years Team

**What can I do
today?**



This week it is... Balls

Sunday

Get rid of the balls!

- Place a sheet over two chairs as a barrier or mark out a line with masking tape or similar. If doing outside you could use chalk and draw to lines.
- You can use any soft balls that you have. If you haven't got any balls, you could try using rolled up socks or scrunch up paper in to ball shapes.
- The object of the game is to get all your balls on the other player's side! (not throw them at the other player)
- You could set a timer or count to 30. Each player starts to throw their balls over to the other person's side. If you run out of balls pick up the ones that have landed on your side and throw them back to the other player side.
- When the time is up stop throwing the balls and then count how many are on each side. The one with the fewest balls on their side is the winner!
- This can be really good exercise for helping relieve stress or frustration.