

Cumbria County Council
Early Years Team

**What can I do
today?**



This week it is... Balls

Monday

Colour ball toss

- Place several boxes (you could use baskets/ buckets/ waste paper bins/ bowls) on the floor.
- Put a different colour label on each container.
- Have matching coloured balls (you could use ball pool balls if you have them)
- If you haven't got any coloured balls you could scrunch up coloured paper in to ball shapes.
- Ask your child to throw the balls into the matching coloured containers.
- Start by standing quite near to the containers so that your child can throw them in.
- As your child gets more confident hitting the targets, start to make it a bit more challenging, by moving a bit further away from the containers and try again.
- Try this yourself see if you can get them all in