

Cumbria County Council

Early Years Team

**What can I do
today?**



This week it is... Balls

Thursday

Ball games

- Sit on the floor facing your baby with your legs open in front of you, so that there is space between you and your child.
- Roll the ball back and forth, you could count as you do this or why not sing a nursery rhyme as you pass the ball to each other. Can they catch it? Can they roll it all the way to you?
- You could try use balls that have different textures.
- For pre-school aged children you can make the game more challenging - try throwing and catching the ball. Then try bounce and catch. Can they bounce the ball once to you? Clap their hands once before they catch it?
- Try rolling the ball to your pre-schooler and then give them instructions of what to do, e.g. kick the ball back to you, jump over the ball, throw the ball over their head back to you, roll the ball back or pick the ball up and run back to you.
- For older children you could try a game where one person throws the ball and shouts out a question/ category e.g. animals beginning with A... The other person has to answer the question before they catch the ball e.g. Alligator. They throw the ball back and the other person now has to name an animal being with B. keep going until someone drops the ball. Then change the category. Ideas you could use -: football teams, name a song.....

Have fun suggesting categories!