

Indoor Ball Play

Age: 2 years and up



What's needed

Old newspaper
Tape
Basket or small container (optional)

What to do

1. Crumple newspaper into a ball, then wind tape around the ball to hold it in its shape.
2. Use the ball indoors. With older children you can play catch, toss over- and under-hand, or toss into a basket. Roll to younger children, or toss into a container.

What children will learn

Physical activity; gross motor skills

