



Family Activities

July Week 3 and 4: Spinner Winner

Equipment

Colored pieces of paper, at least 4"x4"



Set Up Clear a large area of anything that a dizzy child could bump into. If you have access to outdoor space, play this game outside. Scatter the colored pieces of paper round the play space.

Let's Play! Child stand in the middle of the play space, with arms stretched out to the side. Call a number, between one and five. The child spins around that many times, counting as he spins. Just as he finishes spinning, call out a color for him to find and touch. Let him come back to equilibrium and then start again.

Change Up Spin a different direction each time. Spin then sit down before touching a color. Spin then crawl to the color.



Family Activities

July Week 3 and 4: Breath Games

Equipment

One cotton ball per child
A smooth surface, like a floor, table or counter
Painters tape to mark start and finish line



Set Up Use tape to make a start and finish line.

Let's Play! Blow the cotton ball from start to finish line. How much effort does it take? How far can the cotton ball go in each effort?

Change Up If available, try this with a ping pong ball. How different is it? Try on a counter or table and take turns trying to use a cup to catch the cotton ball or ping pong ball as it goes over the edge. Try doing this with a straw, blowing through the straw to more carefully direct the cotton ball or ping pong ball. Add obstacles to blow the cotton ball around.