



Family Activities

May Week 3: Noodle Slam

Equipment

A pool noodle, cut in half cross-wise. Use a serrated knife for easy, no-mess cutting.

Alternatives: wrapping paper tube, paint stirring stick, shipping tube, plastic wiffle ball bat.

Colored pieces of paper, several of each color.

You can use 3x5 index cards or quarter sheets of paper.



Set Up Spread out the colored pieces of paper all over the play space. Give each child a half-pool noodle.

Let's Play! Call out a color and the children run and slam their noodle on that color and then run back to the Starting Position.

Change Up Give a series of colors they need to slam before running back. Make the series longer and more complex for older children.



Family Activities

May Week 3: Noodle Golf

Equipment

A half-pool noodle per child

Something to use as a golf ball. For indoor play, a rolled up sock works great.

For outdoor play, a small beach ball, playground ball, tennis ball or wiffle ball will work.

A container or paper plate to be the hole

A paper plate for the tee box



Set Up Put your tee box at one end of the play space and your hole at the other.

Let's Play! Give each child a set number of shots from the tee box to the hole and see how many shots each child can sink.

Change Up Set up a course with multiple holes. Add some putt-putt style obstacles for kids to hit around or over. Or, set up one hole and move the tee box back after each successful putt.