

Family Activities September Week 1 and 2: Flip the Plate

Equipment

1 paper plate per child
(or 1 hoop per child as
shown in the photo)
1 sock ball, beanbag, or
zip lock bag filled with
beans or rice per child



Set Up	Children line up with plate and sock ball and lots of space in front of them.
Let's Play!	Each child stands with a paper plate about 1 foot away. Toss the sock ball onto the plate. If successful, flip the plate so it is now 1 plate-distance farther away and repeat. If you miss, keep trying until you succeed.
Change Up	The game is easier with something bigger to aim for. If you have hula hoops, like in the picture, those are great. You can also use a cookie sheet, laundry basket, or bucket.

Family Activities September Week 1 and 2: Fly Smack

Equipment

1 flyswatter, half a
pool noodle, or old
gift wrap tube per
child
1 paper plate
About 5 feet of string
or yarn



Set Up	Draw a big bug on the paper plate. Punch a hole in the plate and attach the string.
Let's Play!	Children hold flyswatter and try to smack the fly on the plate as the adult runs and drags the plate along the floor. The bigger the space and the faster you run, the more aerobic the game becomes.
Change Up	Switch jobs and let one of the children pull the fly.