

# AT HOME RESOURCES



These high energy activities incorporates fundamental movement skills and can be played in your living room or a large play area.

## Sock Basketball

### Equipment:

- Laundry basket
- 1 Pair of socks
- Bowls



### Instructions:

1. Make a ball out of a pair of socks
2. Adults and children take turns shooting ball into a laundry basket or smaller receptacle
3. When shot is made take one step back and shoot again (can use tape for shooting lines as an option)
4. Get creative and shoot from different areas of the room

## Balloon Tennis

### Equipment:

- Paper plates
- Popsicle sticks
- Tape
- Balloon

### Instructions:

1. Tape popsicle sticks to the back of paper plates (popsicle sticks act as handles)
2. Blow up one balloon
3. Hit the balloon back and forth and try not to let the balloon hit the floor
4. Count and see how many times you can keep the ball up



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