

## Ball Play: Kicking, Tossing, and Catching

**Directions:**

1. Fill the grocery bag 2/3 full with crumpled paper. Let your child help you.
  2. Fold over the top opening and tape it shut.
  3. Play outside if possible.
- Use the ball you made to practice kicking. Stand a little apart from your child and kick the ball softly to them. Encourage them to kick it back.
  - Practice tossing: show your child how to use both hands together to toss a ball.
  - Practice catching: Gently toss the ball and show how to pull the ball against their chest or stomach.

**Materials:**

- Grocery bag
- Newspaper, used paper, or any scrap paper
- Packing tape
- Large ball (optional)
- Book (optional)

**What they learn:****Motor Skills:**

Your child is learning to use their eyes, hands and feet. They are learning to control their body to throw or kick with little or as much force needed.

**Social Emotional:**

Your child learns by imitating your actions.