

Balls, Balls, Balls

Most young children love balls. There are so many different games that you and your child can play with balls, and best of all, balls can be made out of paper or old socks.

To make a ball out of paper:

- Crumple up the paper.
- If possible, secure it with tape.
- If not, no worries; use it as is, and each time it is your turn with the "ball" crumple it a little more. Soon it will take form.

To make a ball out of old socks:

- Put one or two socks inside one sock.
- Twist the sock and fold it down over itself.

Here's are some games to try with your homemade balls. Most of all, have fun and be creative.

Laundry Basketball:

- Set out a laundry basket or box. Have your child throw the "ball" towards the laundry basket or box.



Goal:

- Set two boxes or empty bottles about 3–4 feet apart. Encourage your child to toss or kick the ball between the boxes or bottles.

Hall Ball:

- In a hallway or other area with no breakables, you and your child can play kickball.

Bowling:

- Set up empty water bottles or small empty boxes. Encourage your child to toss or roll the ball towards the objects.

When playing these games, it's not about whether your child makes a basket, scores a goal, or knocks down the bowling pins; it is about having fun and helping your child to develop skills.

