

Practice team-building and turn-taking while having fun as a family! Work together, take turns, and enjoy one another's company while practicing important life skills (self-regulation, collaboration, communication, listening, fine-motor development, and so much more).



## Turn-Taking

Rolling a ball seems like the simplest of tasks, and while that may be true, it can also be a great opportunity for your child to practice cooperation, teamwork, and turn-taking!

- 1. Set up the game.** Work with your child to create guidelines or rules that apply to your turn-taking, ball-rolling experience.
- 2. Use directional words.** Encourage your child to use directional words as the ball rolls back and forth.
- 3. Reach a goal.** Continue playing until you reach a mutually agreed upon end, like counting to 20, reciting the alphabet, or singing a song.



### What you will need:

- Playground ball (or a soccer ball, basketball, etc.)

### Example Rules:

*"The ball needs to stay on the ground."*

*"The ball should only go from you to me (and not around the room)."*

*"Count aloud each time the ball lands in the right spot."*

### Directional Statements:

*"I rolled the ball too far."*

*"Now the ball is behind the couch!"*

*"The ball is under the table!"*

*"The ball went to the right of your leg."*

## Family Blanket Toss

You need to have at least two people to enjoy this experience, but, three or four people will make it even more fun!

- 1. Set up the toss.** Each person will hold a corner of the blanket, with the beach ball in the center of the blanket.
- 2. Don't let it touch the ground!** The challenge is to bounce the ball without letting it touch the ground. (Good luck keeping the giggles at bay!)
- 3. Plan ahead.** As you and your child bounce the ball, encourage her to talk about what you should do when the ball goes beyond the perimeter of the blanket, to keep it from touching the ground. Give her suggestion a try and see what happens.
- 4. Reach a goal.** Ask your child to pick a number between 10 and 20, and then work together to consecutively bounce the ball that number of times. Count aloud with your child as the ball bounces. If you and your child don't reach the goal, practice more challenging math skills by determining how many more bounces you would need to get to the goal. If you exceed your goal, determine how many bounces you achieved beyond the original goal.



### What you will need:

- Beach ball (or a lightweight playground ball)
- Small blanket

