

Challenge: Parachute Games for the whole family

You don't need a parachute just a large bed sheet will do. Parachute games are a great way of encouraging social interaction, turn taking, descriptive language and having fun.

- Enjoy wafting the parachute/bedsheet up and down.
- Take it in turns for the child/children to be the only person underneath the parachute, while it is wafted up and down.
- Be on top of the parachute and feel the sensation.
- Encourage the child to say if they want the wafting to be gentle and slow or fast and furiously!



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- Encourage two people standing opposite each other to swap places by saying their names. complete the move while the parachute is in the air.
- Try adding balloons or small balls on top of the parachute. How long can you keep them on there while wafting the parachute.
- Final epic challenge can you waft the parachute in the air, move under the parachute and all quickly sit down on the edge of it to make a tent!

