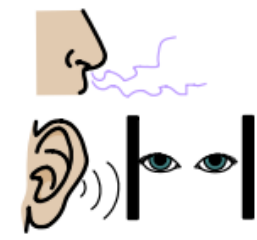
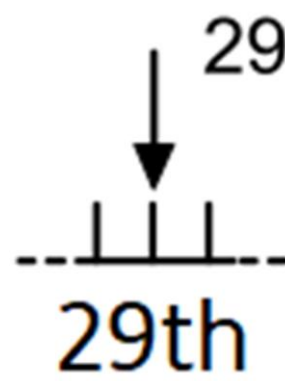


Monday



June



Sensory



Activity

Milk Bottle Catch!

Here's a great game to play with things you can find in your recycling!

You will need:

2 clean and rinsed 4 or 6 pint milk/juice bottle cartons

Scissors

A soft ball, beanbag or screwed up paper

Washi or insulation tape



What to do:

* Carefully cut the cartons to make a catcher (see photos).

* You can put washi/insulation tape around the cut rim for decoration and to prevent getting scratched by the raw edge.



* You're good to go! Stand opposite each other with a catcher each and practise throwing and catching the ball or beanbag together. Move further apart for more of a challenge; try both hands; try closing your eyes!

* Alternative game: attach some string (about 60cm) to the ball (holey work best) and the other end to the handle of the catcher. Now you can play solo!



Sensory benefits:

Gross motor skills, motor planning, hand-eye co-ordination, social skills



Please send us a photo of you playing with your catchers! 😊