This week we are focusing on improving ball skills. Here are a few ideas you can try with items you find around the house. Be creative and have fun!I I’d love to hear how you did.



**Knock over the cups!**

Set up a pyramid of cups or empty containers. Start standing 3-4ft away from the cups and throw a small ball, bean bag, or small stuffed animal overhand to knock them down. Take one step back after each successful attempt.

**Bowling!**

Find different objects to use for bowling pins, like blocks or plastic cups. Set them up in different ways. Try circle, triangle, and square formations. Roll the ball slowly then quickly. Try Standing closer than farther away. You could also try kicking the ball instead of rolling.



**Animal Toss!**

Set up an empty laundry basket or box on the floor. Gather small balls or stuffed animals in a pile 4-5ft away from the box. Practice throwing stuffed animals both overhand and underhand to m get them into the boxes. For an a added challenge you can put out s several boxes at varying distances a and award points for each box.

**Play Catch!**

Find a ball (start with a larger ball if available and progress to using a smaller sized ball). Use a piece of paper on the floor to mark your spot. Start standing 2ft away from your partner. Have your partner toss you the ball and try to catch it. Take one step backward after each successful attempt.