

Manipulation Activities

Balloons and Flyswats/cardboard bats or rolled up newspaper

- Hold the fly swat/cardboard bat and then put the balloon on top of it – see if you can balance the balloon on it without holding the balloon, take it for a walk, try not to drop it. Go backwards, turn around etc
- Now do small taps to hit the balloon up into the air try and keep it up, do bigger hits to get the balloon a bit higher. Try not let it touch the ground
- Try in pairs
- Balloon battle- All children have a deflated balloon. Children race their balloons by blowing them up a little, then letting them go- following with their eyes where their balloon lands, then running to that spot. Continue until the other end.

Flyswats/cardboard bats and plastic balls

Balls and bats (fly swats or rolled up newspaper); children can move their ball around with their bat, trying to keep it in control. Have a go at doing it in pairs. Set up obstacle course that children can hit their balls around – under, over, around etc.

Spoons and ping pong balls

- Hold our ball up high, down low, roll the ball around our palms like play dough
- Where can we hold our ping pong ball? Under our chin, behind our knee, between the elbow etc.
- Pass our ball from hand to hand
- Sitting down on the floor, bounce our ball between our legs, can we roll it up our legs, arms and around our stomach.
- Again from a seated position make a ‘tunnel’ with our legs and pass the ball from side to side through the tunnel. How fast are we able to do this?
- As an extension of this can we take our ball through the ‘tunnel’ and then ‘around the mountain’ - round our backs, again how fast can we do this?
- Place the ping pong ball on ground and blow it along the ground.
- Balance the ping pong ball on your hand and take it for a walk, heel toe etc
- Finish off with some basic hand eye skills, bouncing, throwing, catching. Try mixing it up between big and small motions.

Ping pong balls and spoon exercises

- Can we then balance the ball on our spoon?
- Hold up our spoon high, in close to ourselves, stretched out right in front of us and down low, heel toe walking
- Can we turn around in a circle?
- Walk around the room making sure our ball stays on our spoon.
- More advanced movement is to try a little jump or hop.
- Get children to use their spoon as a bat and move it around on the floor small and controlled movements.

Scarves

Wave scarf above head, on ground, under legs. One armed swinging, forwards and backwards, swap arms and do on other side. Big O's in front of body with the scarf, then attempt doing the first letter of your name – big movements.

Screwing scarf up and making it into a small ball in hands (great for hand movement). On the count of 3 get children to throw the scarf up into the air and catch it. Repeat this, getting children to screw their scarf up each time. Use different body parts children have to catch it on instead of just using hands; head, elbow, knee, foot, back.

Throw a scarf with a bean bag in the middle of it up into the air try and catch both the scarf and bean bag as they will fall at different rates.

Random scarf catching in locomotion – In pairs, ask one child to move away from the other and randomly throw the scarf in any direction. The second child has to catch it before it hits the ground and then takes off to do the same. Suggest to the children that they throw it high, low, to the side or behind or in front.

Scarf Hoop Twist – Throw the scarf into the air and pass it through the hoop as many times as possible before it hits the floor.

Scarf Hoop catch – Throw the scarf into the air and catch it on the edge of a hoop.

Feathers

- Experiment how the feather feels on different parts of our bodies (cheek, under our chins, elbows, knees etc)
- Can we then tickle someone else with our feather?
- Sit the feather on various parts of our bodies (shoulder, head, foot, knee, nose)
- Throw the feather up in the air and catch it
- How long can we keep the feather up in the air without touching it? To achieve this by fanning or blowing your feather.
- Holding our feather up high can we then let it drop and land on different parts of our body
- Can we throw our feather up and then blow underneath it to keep it in the air, try this on the floor too?
- On the floor can you move the feather around by hitting the ground behind it?
- Feather races along the floor.

Bubbles

- Blow bubbles and encourage children to catch them on different body parts.

Buckets/Bean bags

Use buckets to catch bean bags – have them lined up along a wall call the colour of bucket that children have to try and get the bean bag in.

Holding the bucket – use it to catch the bean bag that someone is throwing.

See quick beanbag challenges sheet for other ideas.

Throwing/Kicking

Put out targets so children can practise their throwing or kicking. Hang a hoop with some string or rope from a tree or door frame, so children can throw objects through it. Leave hoops on the ground for target practice. **For kicking** – put out cones or markers children can kick balls through or objects they can kick balls round. Use skittles or plastic bottles with sand in them for the children to try and knock over by kicking the ball at them.

Tactile activities for children

- Massage of hands, fingers, feet and toes
- Temperatures – touching things with different temps
- Finger plays, puzzles, puppets, clapping
- Tearing newspaper, screwing up newspaper
- Lacing, stringing, sewing
- Using tongs, tweezers to pick up things
- Using a spray bottle to water plants
- Making collages using different textures
- Finger Painting
- Gloop, sand, dough, water, play dough
- Gluing, paper mache
- Moulding dough into different size balls – using palms and fingers
- Gardening and playing in the dirt
- Clapping – loud, quiet, big claps, small claps, on knees, head etc
- Feely bags – add a range of objects into a pillow case or bag; get children to put their hands in and without looking try to describe what they can feel – great for language.