

Playtime ... so good for me!



Games using a WIC “Playtime” Activity Ball

Straddle Ball (for children 1–2 years old)

Your child will learn to move and control his/her upper body, arms and hands.

1. Sit on the floor across from your child and roll the ball to him/her.
2. Your child can stop the ball with his/her hands and roll the ball back to you.
3. Clap! Praise your child

This game builds body control and hand skills for young children.

Froggie Up & Over (for children 2–3 years old)

Your child will learn to move his/her body in all directions while controlling a ball.

1. Stand/kneel back-to-back with your child.
2. Pass the ball over your head to your child.
3. Have your child bend forward and pass the ball back to you through their legs.
4. Continue to pass the ball to your child by reaching up, reaching down and twisting side-to-side.
5. Play music and sing while you play!

This game builds hand-body control for young children.

Score! (for children 3–5 years old)

Your child will learn to move, control and throw a ball while building upper body strength.

1. Use a large cardboard box or laundry basket to make a goal. Place it 3 feet away from your child.
2. Your child can score a goal by throwing the ball into the box.
3. Play with your child! Take turns scoring goals from different places in the room or yard.

This game builds strength and eye-hand skills for young children.

Alaska WIC ... good for families!



For more activity ideas:

www.parenthoodkids.com

www.gameskidsplay.net

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The WIC Activity Ball is made of non-toxic vinyl which has passed European Healthy & Safety Standards for lead levels. The ink is non-toxic. These balls are not to be used as life-saving devices. They are safe when used as intended. They are designed to be tossed under adult supervision. They are not designed to hold body weight or to be kicked. Alaska WIC and manufacturer cannot be held liable for damages that may occur when product is used incorrectly or unsafely.