

Only Use Your Feet



ELECT: Physical 5.1 balancing, gaining the ability to control their movements 5.2 increasing in coordination.

MATERIALS:

- Small balls, apples, oranges, bean bags, anything small that can be transferred from one container to another
- Two containers, big enough to hold your items
- Water, if desired
- Chair

METHOD:

1. Fill up one container with water, if using.
 2. Add items.
 3. Place second container beside first one.
 4. Place chair in front of containers.
 5. Have child sit in the chair and move the objects one by one using only their feet, to the second container.
 6. You can do this as a timed activity, how many can you move within a time limit. You can do it to music. You can make it a race if you have enough containers for children to do it at the same time.
- ❖ This will be a fun activity done outside with water during these hot days that we're having.