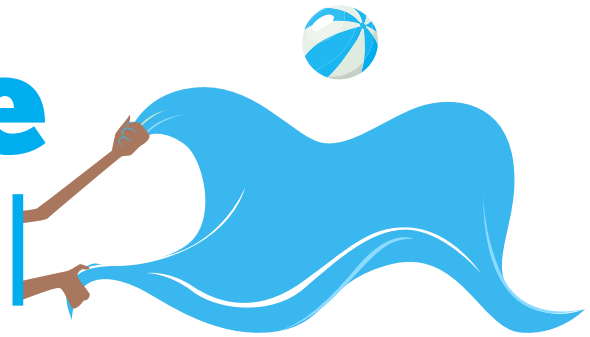


Parachute Play

LEARNING DOMAIN:
Social Emotional Skills



This activity is a fun way to get your child physically moving that also requires him to use listening skills and learn to cooperate with others. Cooperation and listening are skills needed to help your child be successful in school.

Materials

- Small blanket/sheet that can be held between two people when open (like a parachute)
- Lightweight ball

Tips

- Praise your child when you see him following your commands.
- Point out to your child how when you all work together and cooperate with each other, the ball stays on the parachute.
- Allow the child to have a turn giving directions.
- This is a great activity to take outside.
- Have one person not follow directions and talk about what happens when we do not cooperate.

Let's Play!

Lay the parachute (blanket/sheet) flat on the floor, and have your child sit around it but not on top of it. Have your child hold the edges of the parachute in front of him and stand up. You will do the same. If possible, have other family members join the fun.

Encourage your child to follow the directions you give (a few examples are listed below).

- Walk around in a circle to make the parachute “go around.”
- Raise the parachute high over everyone’s head and look underneath at each other
- Raise the parachute together to make waves

After you understand how you can make the parachute move, place a lightweight ball in the middle of it and make the ball bounce by shaking the parachute.

Have everyone holding the parachute walk around the center, then walk back out again and stretch out the parachute.

