

### **Ball Buddies**

Preschoolers practice manipulative and ball-handling skills in this simple, scalable game. You may also use this as an opportunity to practice counting or language skills.

#### **Instructions:**

Sit on the ground, form a wide circle and spread legs wide apart. Take one medium size playground ball and show children how to pass it back and forth look to the person opposite you in the circle. Roll the ball back and forth to the person directly opposite. Then hand it to the person next to you and have them roll it back and forth to the person opposite them.

While passing the ball back and forth, take turns counting (see how high you can go) or saying the names of sports and activities (like football! basketball! dancing! skating! karate!) or fruits and vegetables (pineapple! sweet potato! avocado!). Or follow children's interests to keep them engaged, choosing animals (like dog! cat! lizard! tiger! panda!) or dinosaur names. The challenge is to say a word that hasn't been said already by someone else!

#### **Variation:**

Have children pair up and get more ball handling time with their buddy. Have them sit facing each other, several feet apart, and see how many times they can go back and forth with the ball. Then have them stand and gently throw the ball, making it bounce once before being caught by their buddy. For dexterous kids who need a challenge, challenge them to clap their hands once before catching it. Still too easy? Step back and move further apart.