



Bouncy Ball

*Take a sheet, blanket, or a towel. You will need a beach ball or soft kick ball.

*If there are two of you use a towel. Each person grabs an end. Then put the ball on the towel.

*Start out by controlling the ball; passing it back and forth across the towel, bouncing it up and down, bouncing it high into the air and catching it using the towel.

*See if you can run around the house bouncing or balancing the ball.

*If there are more participants use a sheet or a blanket.