

## Activity Title: Big Balloon Toss

### Objectives:

- Developing motor skills
- Cooperation and sharing
- Building adult-child relationships

### Materials:

- One big balloon ball

### Methods:

#### Facilitator Preparation

1. Organize the participants in a large circle, alternating child and adult.
2. Explain the instructions about passing the ball gently to each other before passing the ball around the group.
3. Encourage interaction between children and adults- make sure it's not just children passing to other children or adults to other adults.

#### Intergenerational Participants

1. Find a spot in the group circle in between two adults.
2. Pay attention and catch the ball when tossed to you.
3. If you catch the ball, select somebody random to toss the ball back too.

#### Special Considerations

- Make sure everybody has a turn at catching and tossing the ball.
- Have participants help each other if there is someone that has difficulty catching or throwing.

#### Key Conversation/ Facilitation Questions

- What are some other types of balls you can play with? How are they different than this one?
- What sports did you used to play that involved catching or throwing a ball?
- What body parts are involved in throwing and catching?

#### Extensions and Themed Activities

#### Upward Extension

- Use the ball as a question and answer session. The person who has the ball asks a question and tosses it to somebody that wants to answer. This may also be done with the facilitator asking questions.

