



Let's Talk About How to Play and Learn With a Ball...

WITH YOUR PRESCHOOLER...

- Hide the ball. Ask "where is the ball?" Give clues...*"it is close to the table"*
- Talk about the type of ball "what game could we play with this ball?" Then play it together!
- Talk about how the ball feels. *Is it bumpy, soft or hard. Is it big or small? What shape is it?*
- Make up rules for a game with the ball, "first everyone will bounce the ball, then we will kick the ball, last we will roll it around the room". Have fun, see who can do it fastest or with mitts on.
- Show your child how to push the ball with her feet, set up a small obstacle course and move the ball around the box, over the book, etc.
- Identify which colors are on the ball, is there a pattern of colors? What other things have the same colors or patterns, match up colors from around the house



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Let's Talk About How to Play and Learn With a Ball...

WITH YOUR BABY...

- Roll the ball back and forth to her. As you roll the ball, say "ball"
- Watch for her actions, facial expressions, and squeals to tell you she wants you to roll the ball again.
- Place the ball under a small bowl, "where's the ball?" then uncover the ball, "there's the ball" or "peek a boo"

WITH YOUR TODDLER...

- Use short sentences that he can copy, "kick ball" or "ball up"
- Sit on the floor, roll the ball to her, ask her to roll it back, as she gets better at it, move farther and farther apart
- Put a basket or box across the room, show your child how to drop the ball into it. Watch and enjoy as she tries it herself
- Ask your child to put the ball *under* the chair, *into* the box, *on top* of the table
- Talk about the colors on the ball, "this is a red stripe", then "show me the green stripe?"
- Practice taking turns. "May I have the ball?" Then "its your turn now, here is the ball"



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