

Enjoy-a-Ball @home



Print these simple games and prompts and stick them on surfaces (e.g. doors or walls) as instructed.

Your child will be building motor skills and self-regulation skills while having fun.

HAVE A SEAT

Secure to the wall at the height of a child's chair / just above their knee level.

Challenge them to see how long they can "sit" against the wall on the line.

PUSH

Secure to the wall at chest height for your child.

How many wall push-ups can they do? Challenge them to try and push the wall down.

CLIMB

Secure to the wall at your child's shoulder height.

Can they use their middle and index fingers (from one hand) as "legs" to climb the ladder all the way to the top of the ladder?

TRACE

Secure to a wall at your child's eye-level.

Let your child trace their way from the beginning to the end of the maze using their index finger.

(Selection of mazes from basic to more difficult)

TOUCH

Secure to the wall at your child's shoulder height.

Have your child place each of the fingers of one hand on a coloured dot to start.

- Can they lift one finger at a time & replace it on the same dot?
- Can they lift one finger at a time & place it on the dot directly above the starting point, before returning to the starting point?
- How fast can they go?
- Print another copy and repeat with both hands at the same time.

BALANCE

Secure to the floor (using masking tape / tape)

Start with both feet on the footprints. Challenge your child to lift one foot & balance. How long can they balance on one foot? Now switch feet.

BREATHE

Secure at your child's shoulder height. Encourage your child to trace the shape with their finger in time with their breathing.

SPY

Secure to the wall at your child's eye level and encourage them to search for the items on the list.

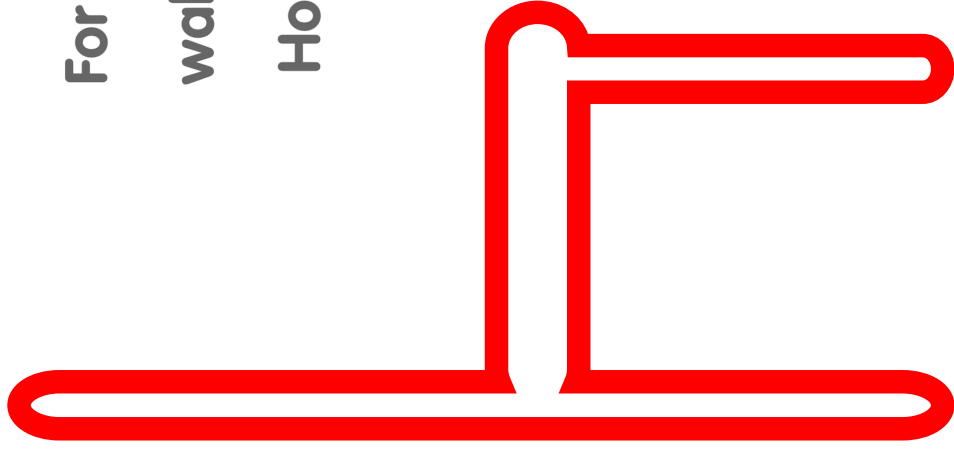
STAND

Secure to the floor (using masking tape / tape).

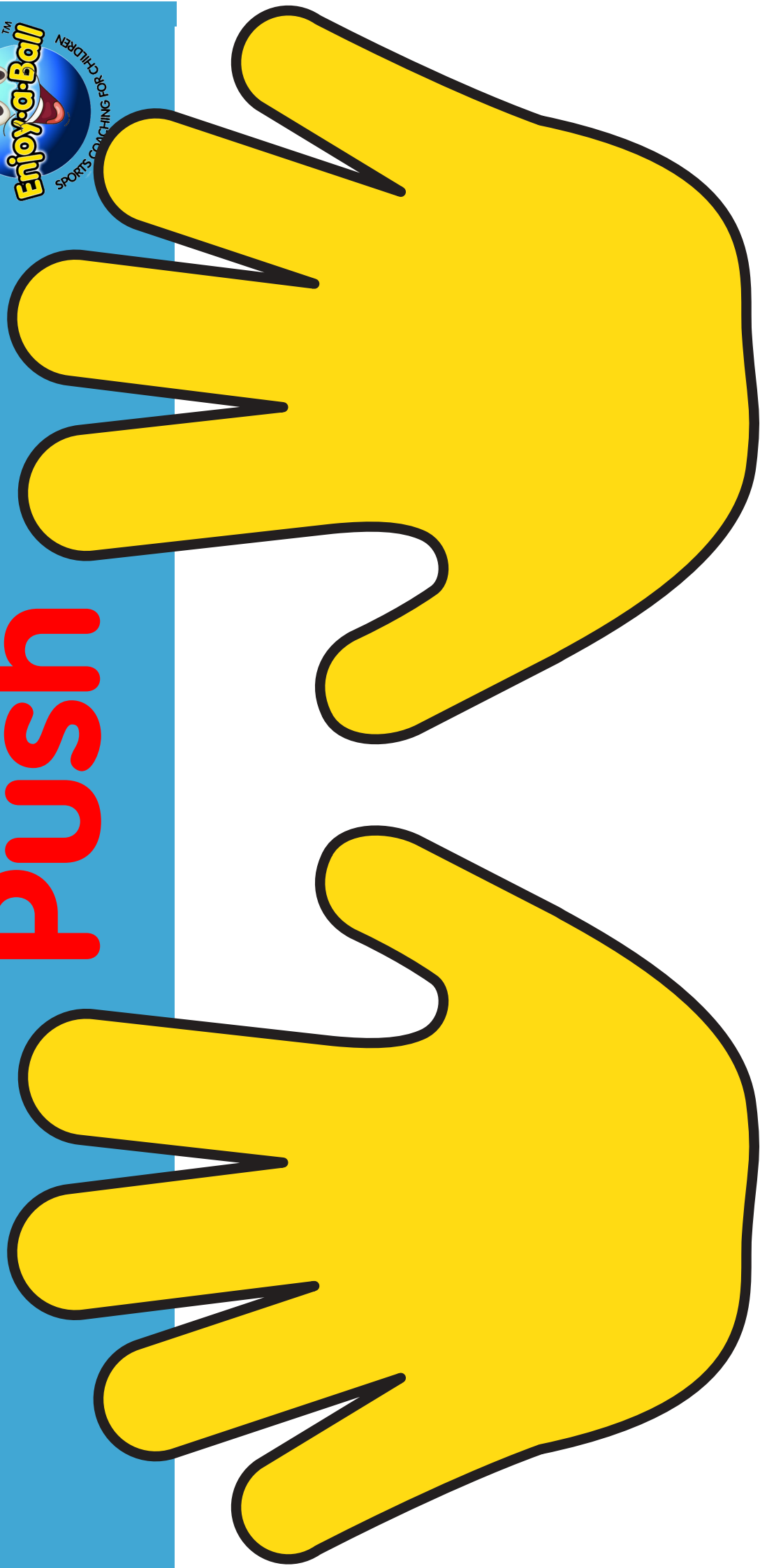
Encourage your child to stand on the line with the toes of one foot touching the heel of the other foot. How long can they stand like this? Swap feet.

Have a seat

For this challenge, you'll put your back up against the wall and use your leg strength to "sit" on the red line. How long can you sit in a chair that isn't really there?



Push



Place your hands on the handprints. Can you do 20 push ups against the wall?

When you're done with that, push as hard as you can on the handprints for a count of 20!

Climb



**Make a peace sign
with your fingers.**

**Use these two
fingers as "legs" and
climb the ladder!**

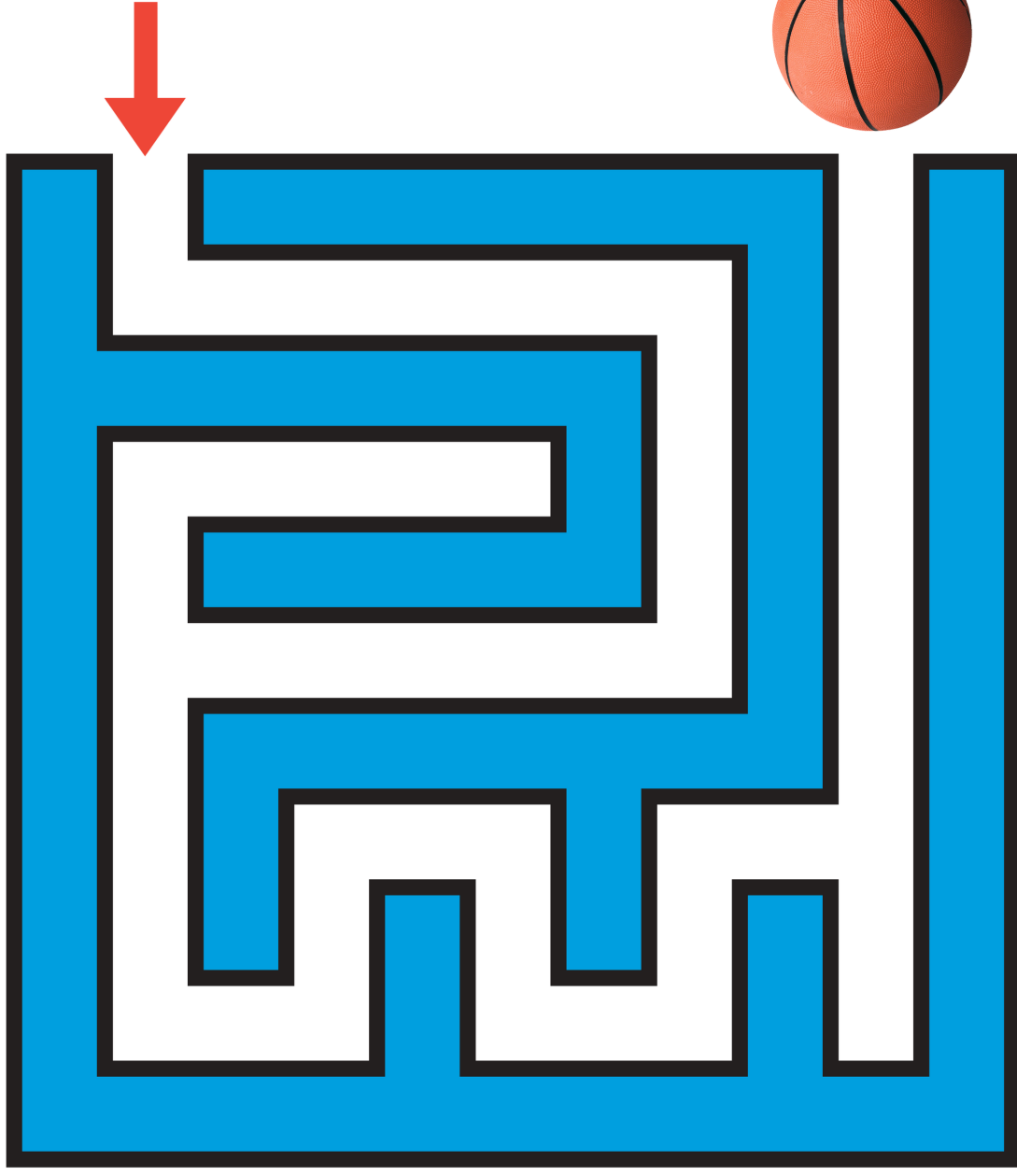
**Make sure you touch
every rung of the
ladder on the way!**

Trace

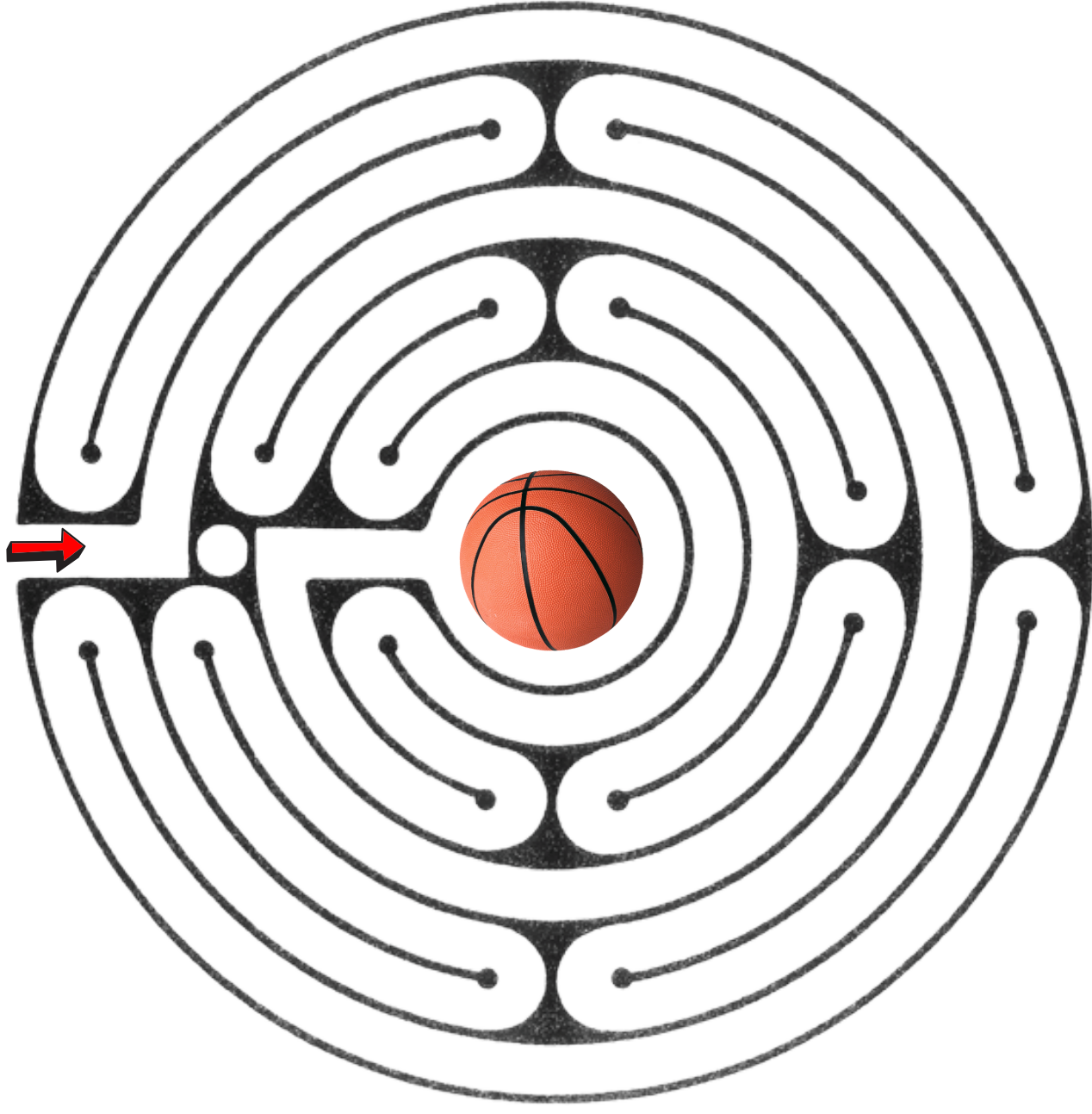


Use your index
finger to trace
through the maze.

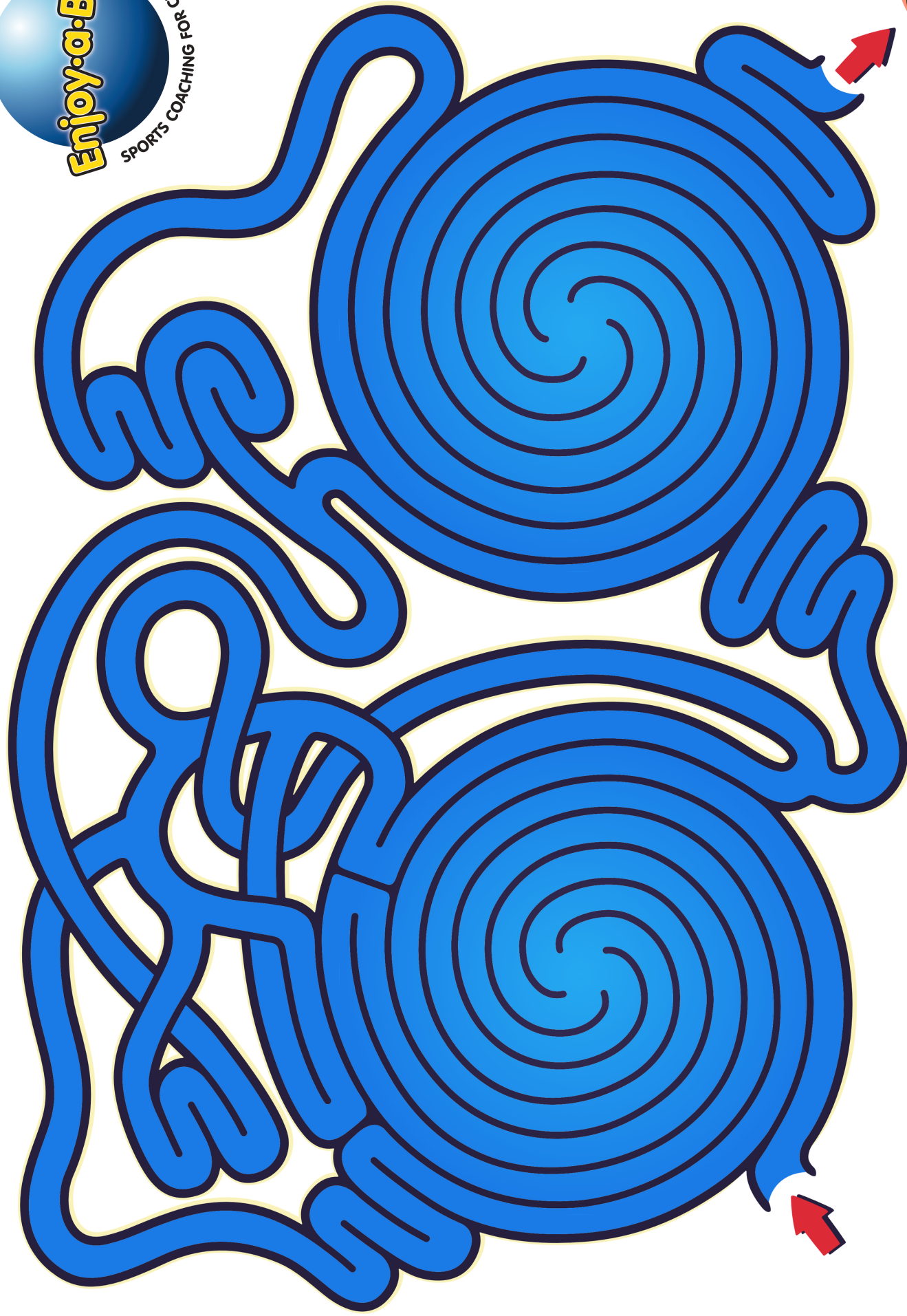
Start at the arrow
and finish at the
ball!



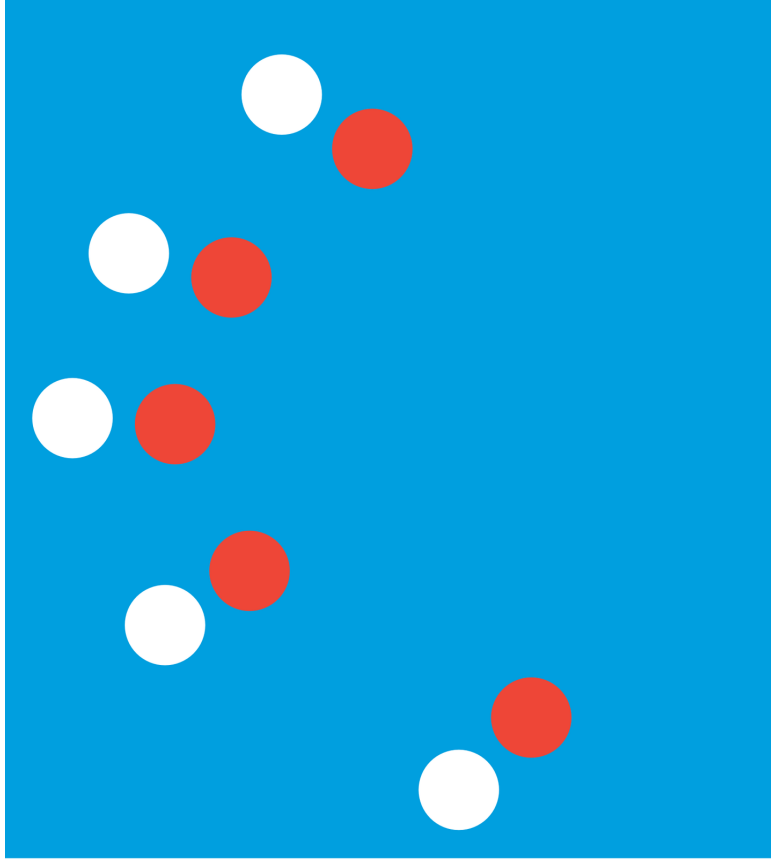
Trace



Trace



Touch

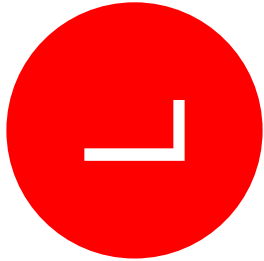
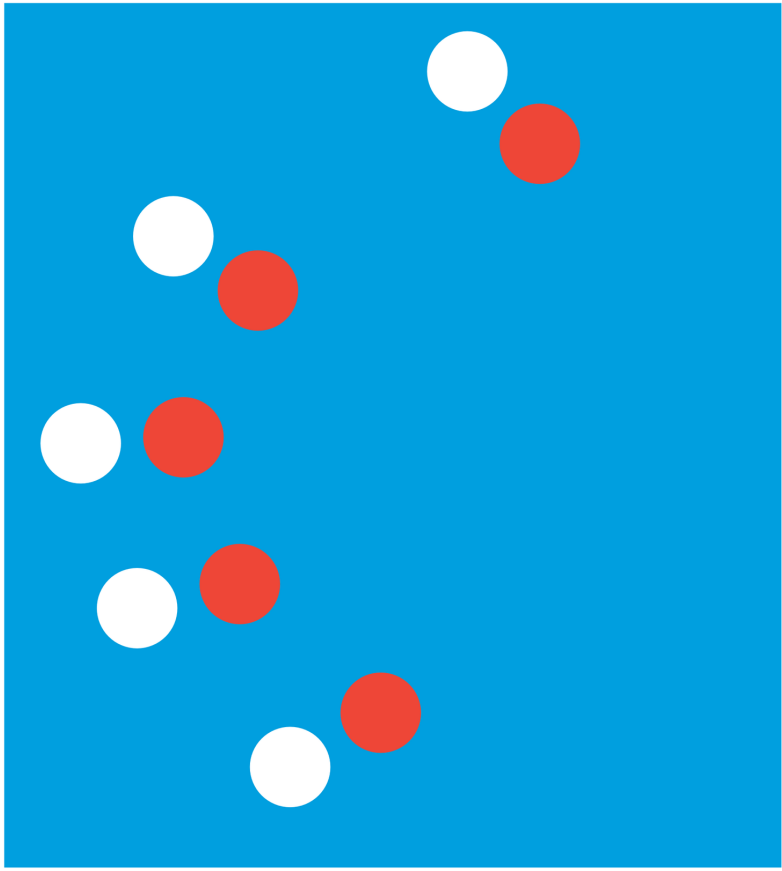


Place your fingers on the red dots to start.

Lift one finger at a time and place it back on the red dot.

Now lift one finger at a time and touch it to the white dot above each finger before returning it to the red dot..

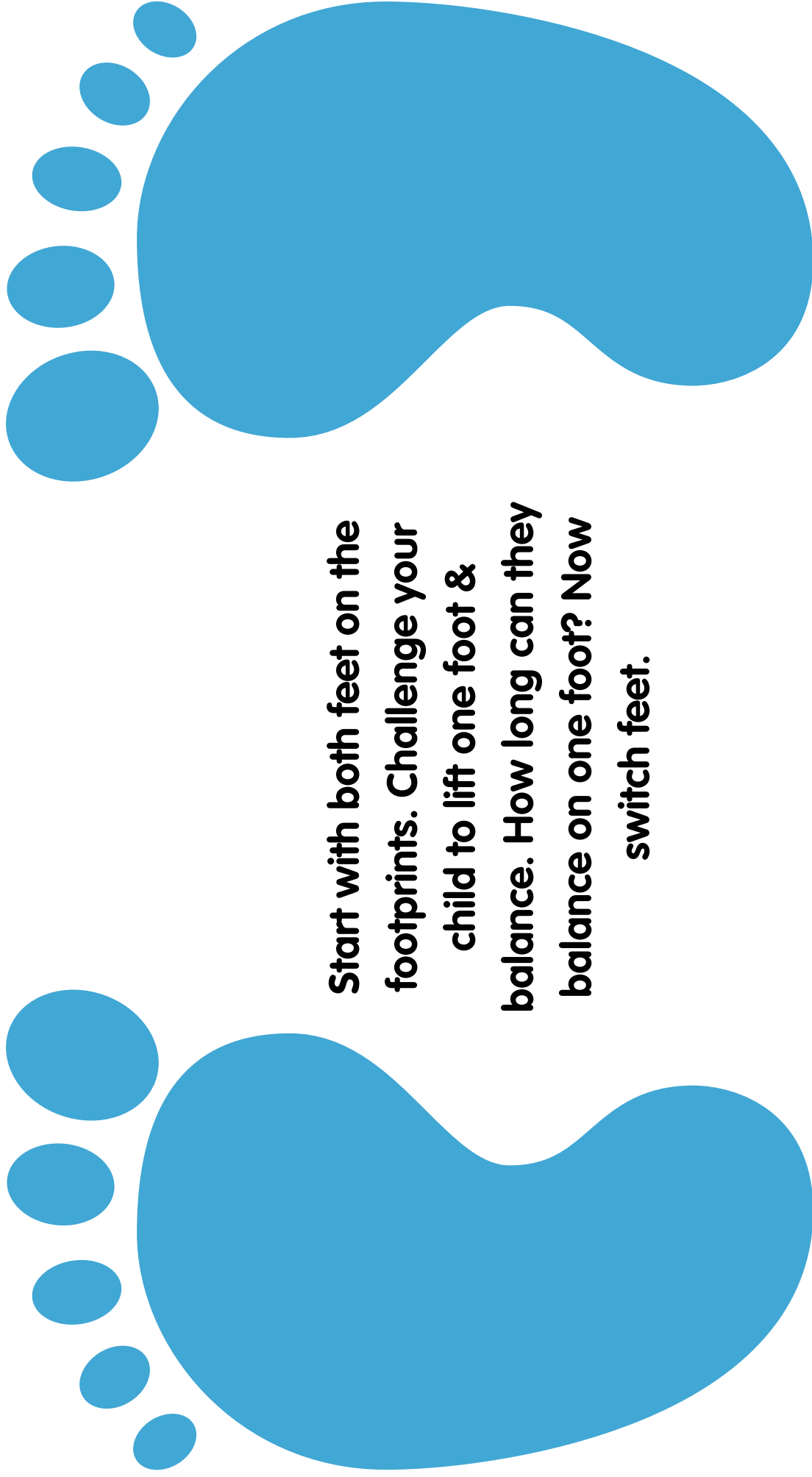
Touch



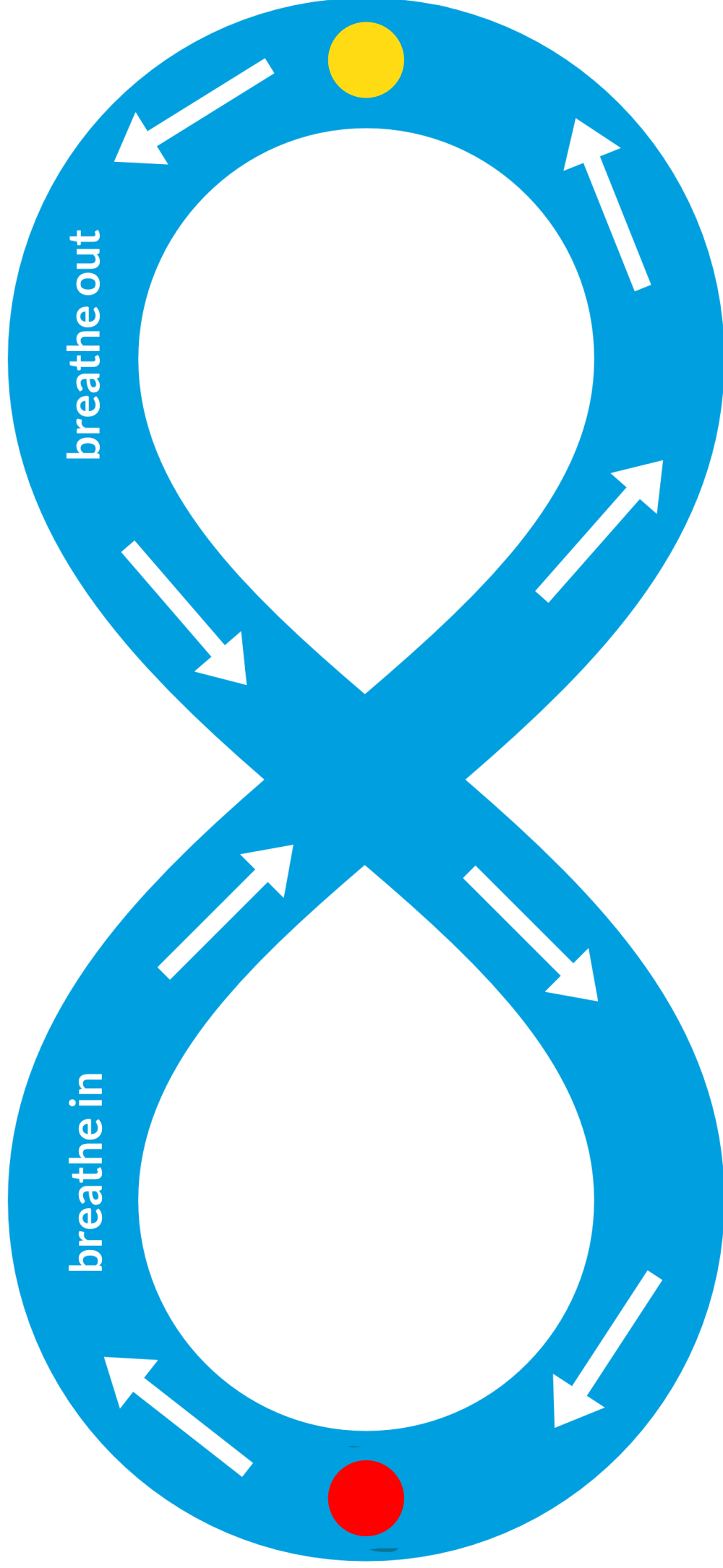
Balance



Start with both feet on the footprints. Challenge your child to lift one foot & balance. How long can they balance on one foot? Now switch feet.



Breathe

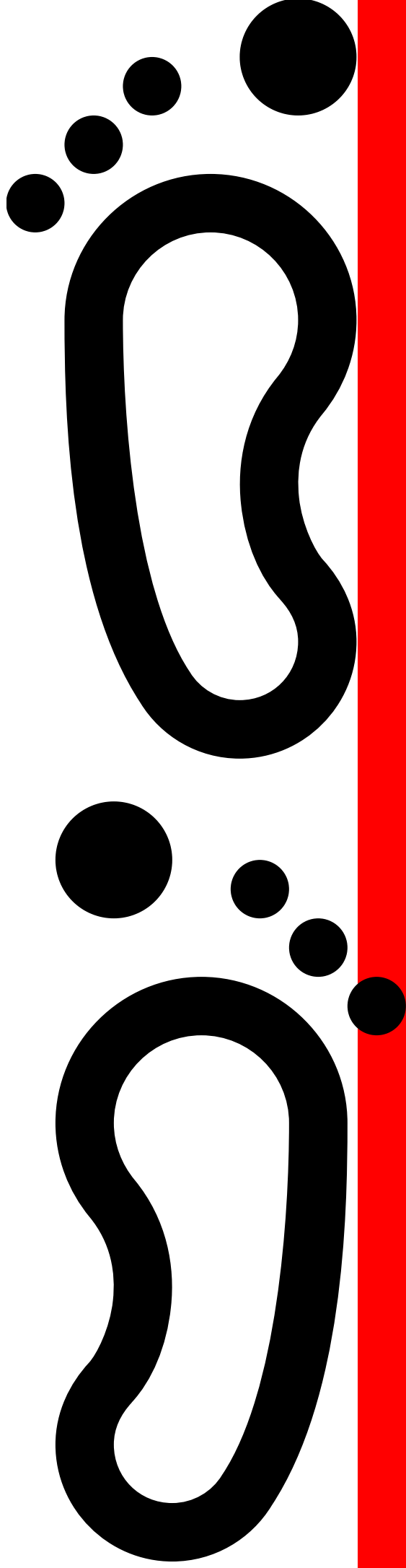


Place your finger on the red dot.

Breathe in slowly as you trace the path in the direction of the arrows to the yellow dot. Breathe out as you continue to trace the path back to the red dot. Repeat.



Stand



Stand on the line with the toes of one foot pointing toward the heel of your other foot. How long can you balance on the line?