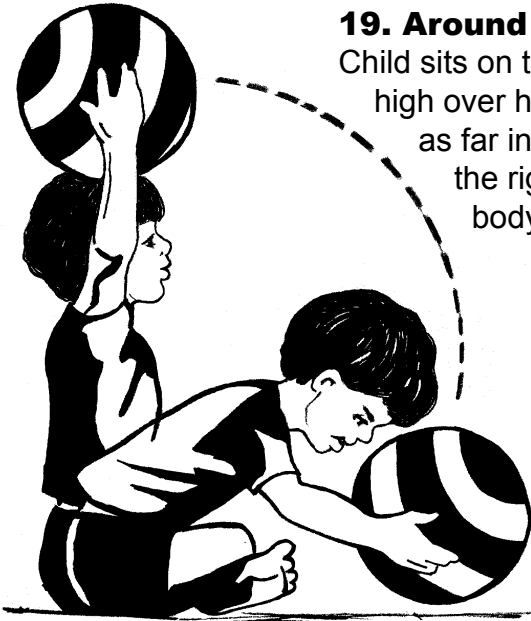


KIDS *in action*

19. Around the World

Child sits on the floor with legs crossed. Lift ball high over head. Reach forward to place ball as far in front as possible. Reach as far to the right and to the left without lifting body from the floor.



21. Throw

Can you fly a paper airplane? Child practices throwing paper airplane.

Variations: Throw ball made of newspaper or old pantyhose. Throw objects upstairs. (How far up the stairs can you throw the ball).



20. Catch

Parent and child stand 2-3 yards apart. Bounce ball so that each can catch without leaving their place. If child has difficulty with catching a ball, use a balloon (mylar), it travels much slower.

Variations:

Clap your hands before catching (or spin around). Throw and catch without a bounce. Two bounces rather than one.