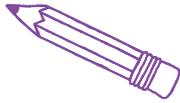


ACTIVITY TIME

Featured Stories Program

books
for
toddlers



Theme: Families

Book title: FEARLESS WITH DAD

By Cori Brooke and Giuseppe Poli

Target practice

You will need:

- Template (attached)
- Soft balls, or scrunched paper balls or socks rolled up.

Instructions:

1. Print off or photocopy the template up to a fairly large size and pin it up on the wall or fence.
2. Stand back a few metres and take turns to try and throw balls at the target seeing who can hit the middle or the edge.
3. Try naming the numbers that are 'hit' each time. If an older child is interested then they might like to add up or keep their own scores.

Further information

Games are perfect opportunities to talk about taking turns, following rules, and trying again when things are hard. Look for opportunities to discuss, explore, count and have fun together.

Other things you can use for target practice include empty water bottles, kitchen roll tubes or empty cereal packets. Set a few close together and then roll a ball along the floor towards them to see how many can be knocked over. This works better with a larger heavier ball such as a soccer ball or netball.

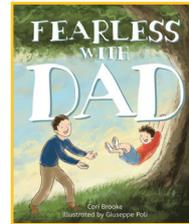
Try playing 'catch' using a balloon for young children rather than a ball. This is a great way to begin to develop better hand-eye co-ordination. As their skills improve with time then change to a large ball and slowly reduce the size of the ball to provide more challenge.

Songs:

Heads, shoulders, Knees and Toes.

Key message:

Good nutrition, health and exercise are critical.



Adult supervision is essential. Involve and talk with your child as much as possible.

Find booklists, tip sheets, nursery rhymes and activity and learning time sheets @

thelittlebigbookclub.com.au



