



BEACH BALL GAMES WORKOUT STYLE

Want to encourage physical fitness in the kids? Try this one of these fun games to encourage coordination skills, muscle strengthening, balance and gross motor skills. You will need a beach ball, permanent marker, and music.

Use the permanent marker to write different exercises on the beach ball. Write each activity inside a small cloud or circle. Here are some suggestions: jumping jacks, cross crawls, marching in place, knees to chest, windmills, squats, stand on right foot, stand on left foot, stand heel to toe, tree pose, etc.

BEACH BALL GAMES AND ACTIVITIES FOR INDOORS

Want to get active indoors with your beach ball? If you are in a small space, you might want to try a balloon instead of a beach ball. Try some of these fun games and activities:

- Laundry Basketball – can you throw the beach ball into the laundry basket?
- Hot Potato Game with the Beach Ball – play hot potato but use the beach ball. Turn on the music and pass the ball. Turn off the music and freeze. Whoever is holding the ball is out of the game.
- Follow the Line – Make a path with painter’s tape on the floor or wall. Hold the ball with two hands and roll it along the line.
- Hit the Target – Hang up a few post-it notes or put them on the floor with letters, numbers, or words. Call out a letter and throw the beach ball at the target.