



Glide's Guide on being **active!**

Color Match & Bounce



Materials: ball(s), colored paper

Age(s): Preschoolers (child-child pairs or adult-child pairs)

Directions: Tape pairs of colored paper 3-4 ft. apart all over the floor (two yellows, two blues, etc.) Have the group pair up. Then, give one child a ball and have them stand on a colored paper of his/her choice. Next, have the child's partner run and jump on a paper of the same color. The children will then bounce or toss a ball between them. They will then start the activity over by the first partner choosing another color. Repeat the activity.

Modification: Start with having the adult call the color. Start with one child jumping onto a colored paper then bouncing ball to self (dribbling). Cut colored paper into shapes and call different shaped to run to and dribble.

FAMILY ENGAGEMENT

Adapted from: toddlerapproved.com