

# Making Sponge Balls

Instructions for creating inexpensive, handmade equipment for **active children**.

## Materials

### Sponges

Use two or three sponges for each ball. Using different colored sponges is good for visual stimulation.

### Scissors

### Rubber bands, string, or zipties

## Directions

**Step 1:** Cut sponges into 1 inch strips, lengthwise for a large ball or widthwise for a small ball.



**Step 2:** Stack the sponge strips three on top of three or four on top of four (depending on how many sponges you use).



**Step 3:** Using a rubber band or string, band the strips together in the center as tight as you can. If worried about rubber bands coming off, use small zipties.



**Step 4:** Once the strips are bound together, gently pull the strips to fan the pieces out and make the ball fuller.



## Links to Physical Development

### Fundamental motor skills:

Sponge balls are a soft and safe way to practice **manipulative skills** such as **throwing, kicking, striking, rolling,** and **catching** both inside and outside. Get them wet with water for more fun and to cool off during warm days or get them wet with paint or colored water and throw them at targets.