

Virus Knockout

Materials: plastic water bottles, balls (or rolled socks)

Age: Toddler and older

Directions:

1. Decorate bottles/containers to look like a virus or write the letters of the word virus or name of viruses on the bottles.
2. Set up the “virus’s” on a flat surface.
3. Start throwing your ball or other object to the “vaccine” (ball/object) at the “virus” (bottles/containers) trying to “knock it out”
4. Reset and repeat.



Possible Modifications:

- fill bottles/containers with decorative materials, water, or sand to increase weight and make more difficult to knock over.
- vary the distance you throw from
- have a challenge and see how quickly you can “knock out” all the “virus/germs” or how few throws it will take you.

FAMILY ENGAGEMENT