

WEEK 7 YT, OT, PREK3 SHAPE TOUCH AND TOSS

Hi Friends,

We would like to share a fun activity you can do at home called **Shape Touch and Toss!**

Click on our video to see this activity:

https://www.youtube.com/watch?v=vwJu_PeNWk8

For this activity you will need:

- Sidewalk chalk
- A concrete area where you can draw some large shapes
- Some bean bags (you can make you own using a sandwich bag if you don't have any)

Directions:

- Using sidewalk chalk, draw some large shapes on the concrete. Be sure the shapes have plenty of space in between them for a large movement area.
- You can keep it simple by only drawing 2 shapes such as circles and squares, or you can draw numerous shapes (circle, square, triangle, diamond, rectangle, oval). In the video, I drew 3 different shapes,
- Use a timer or stopwatch and say "you have 10 seconds to touch as many circles as you can." Students the move to touch the circles with their hands or feet.
- Then you can repeat with the other shapes.
- You can vary the activity by asking the students to not only touch the shapes, but jump in and out of the shapes, walk the lines on the shapes, etc.
- For the tossing activity have the students stand in a given spot and toss the bean bags into the various shapes.

There are lots of variations and ways to have fun with the shapes that allow for movement and motor development.

Play time is active time!

HAVE FUN!