

7B06 (altered Activity from TG)

For this week, use a soft object (beach ball, plush toy, etc) to play catch with your child for just a few minutes. Here are the rules - Trial 1: randomly throw and catch the soft object for a couple of minutes. Throw high and low or roll it to add some variety

Trial 2: tell your child that you will continue to play catch, but this time they cannot use their hands to catch it...note how they're using their head or body or legs to try to catch it

Then discuss with them how they had to prepare themselves in both instances to catch the item. Sometimes it's easier to help yourself and sometimes it's tougher. Just standing there would not have helped them play in the game properly. So it is important to remember always to help yourself to the best of your ability!