

At Home Parachute

I know what you are thinking...How can I do this? I don't have a parachute! Surprise, you do! In fact, you have several different sizes right in your house!

If you are...

Playing by yourself - use a hand towel or kitchen towel

Playing with a partner – use a bath towel, beach towel or pillow case

Playing in a group of 4 – use a bed sheet (a flat sheet would work best)

You will also need something to toss: ball, small stuffed animal

Activity #1: Movements

1. Shake it as fast a you can
2. Raise it up to the sky then take it down to the ground.
3. Put the small object on and try to shake it off (you could also try this with several sock balls!)
4. If you have a partner with you or there is another person close by, sit down and have them shake it over your head
5. If you have more than 2 people, you could take turns running under it. You can run or try different tricks.

Activity #2: Toss and Catch

If playing by yourself, put the towel on the ground and place your object on it. Pick up the towel on the short sides. Use the towel to toss and catch the object.

If playing with a partner, place the object on the towel or pillow case. Each person holds 2 corners. Work together to toss and catch the object.

Another option for playing with a partner would be for each person to have their own hand towel and to toss the object back and forth using the hand towel.

If playing in a group of 4, place the object on the sheet. Each person holds a corner. Work together to toss and catch the object.

Another option for a group of 4 would be to use two towels or pillow cases with two people holding each. Try to toss the object from one to the other. You can make this even harder by trying at different distances.

Here is a video to help: <https://www.youtube.com/watch?v=1OYkr3tzncv>

WHAT ELSE CAN YOU DO WITH YOUR PARACHUTE?