



## Therapeutic Play And Learn Groups

# WATER

## Dance-Movement Therapy Supplement

By Sarah Miller, DMT

This week we are playing with balls. One of the great things about these as a toy is that any age can have fun playing with them, and there are lots of ways to engage with them. I played **Hot Potato** in my video, and I encourage you to play along with a big group. After we were done recording the video for you all, my husband even said “that was more fun than I thought it was going to be,” so it is even fun for adults! If your child struggles with catching the ball you can sit on the ground and roll the ball, you can also try passing the ball with your feet. If you don’t have a ball at your house you can use anything that is easy to pass around. You can also under-inflate the ball to make it easier to grip.

Another game I like to play is called **Noodle Hockey**. All you need is a ball and a couple of pool noodles cut in half. You can keep score or not, but all you do is use the pool noodles to pass the ball around. It helps develop body awareness and indirectly helps with problem-solving skills; because it takes more strength to make the ball move with the noodle, children have to figure out how to get the ball to move.

As always; Have fun, make a mess, be silly, and have a ball!



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