



Toss and Hit

Toss a ball at bottles, increase the challenge little by little, and build persistence in a cheerful “Missed it? Try again!” game.

Helps Your Child Grow



Cognitive Self-Regulation (Executive Functioning)

Moving from one target to several gives your child repeated chances to try again, adjust a strategy, and persist through a challenge.



Gross Motor

Swinging an arm, throwing, bending, and picking up the ball coordinate the arms, shoulders, and trunk.



What You'll Need

1. A small soft ball
2. empty plastic bottles



Knock Down One Bottle

Place one bottle on the floor and demonstrate tossing the ball to knock it down. Set it up again and invite your child to copy the arm swing and throw. Celebrate a successful hit to keep interest and confidence growing.

Observations

- Swings an arm and throws the ball
- Copies your throwing motion

Tips

- Demonstrate slowly and describe the motion: “Arm up - throw forward.”
- If missing becomes frustrating, move your child closer or guide their hand through one throw so they can experience a successful hit.
- Each arm swing practices #PMP-GrM, while aiming at the bottle uses hand-eye coordination and #PMP-FiM.



Can You Knock Down More?

Once one bottle feels familiar, line up three and invite your child to knock them down one by one. Whether the ball rolls between them or only brushes a bottle, notice the effort and encourage another try.

Observations

- Tries another toss after a bottle stays standing
- Aims at a bottle and hits it with the ball

Tips

- Before raising the challenge, name the first success: "Great aim - you knocked down one! Want to try three?"
- Notice progress in the process: 'The ball got closer!' or 'You almost hit it!' This kind of process-based encouragement supports #ATL-CSR.
- After several misses, invite a different strategy, such as changing direction or trying an overhand toss.



A New Idea!

Your child may invent a new way to play - for example, rolling a larger ball to knock down every bottle at once. Notice and celebrate the new idea so creativity becomes another reason to keep experimenting.

Observations

- Invents a new way to play, such as using a larger ball
- Focuses on throwing the ball to knock down a bottle

Tips

- Choosing a larger ball shows #ATL-Cre: your child changed the tool instead of staying with only the original method.
- Encourage any reasonable new method, even if it does not work on the first try. The valuable part is testing a new idea.
- For another challenge, add some water to the bottles so they take more force to knock down.