



Sock-Bomb Showdown

Throw out the sock "bomb" and defend your camp.

Helps Your Child Grow



Gross Motor

Repeatedly picking up and throwing the pretend bombs gives your child practice coordinating whole-body movements such as swinging an arm and turning.



Counting and Cardinality

Counting the pretend "bombs" in the camp helps your child connect a number word with the quantity of objects present.

Steps

- Roll six to eight socks into soft balls and use them as pretend bombs for a throwing game on a bed.
- Roll a blanket lengthwise and place it across the middle as a boundary. Each side is one player's camp, and neither player crosses the blanket.
- Begin with the same number of sock balls. When the game starts, toss them over the boundary into the other camp. Pick up any that land in your camp and throw them back.
- After one minute, count the sock balls. The player with fewer in their camp wins.
- If your child's throws fall short, try swinging the arm back before moving it forward or turning the body to add momentum.

Tips

- Besides socks, you can use crumpled scrap paper, newspaper, or soft play balls as pretend "bombs."
- Before playing, move cups, lamps, and other breakable objects away to create a clear, roomy play area.

Observations

- Swings an arm repeatedly to throw the pretend bombs
- Counts the pretend bombs in their camp