



Toss and Catch Together

Use small tubs as baskets and see who can catch three balls first.

Helps Your Child Grow



Cognitive Self-Regulation (Executive Functioning)

Waiting for the ball, tracking its path, and deciding when to move the tub gives your child practice sustaining attention and responding to change.



Gross Motor

Following the ball's direction and distance invites your child to adjust their position and extend their arms to catch it.

Steps

- If your child likes throwing balls, use a small tub as a basket and try a different kind of catching game.
- Give your child and Dad one small tub each. Have them stand a short distance away while you hold several lightweight balls. Explain the rule: "The first person to catch three balls wins the round."
- Toss one ball at a time toward your child or Dad. Before each throw, say, "Here comes the ball. Get ready!" so your child can focus on its path.
- Dad can move a little more slowly or pretend to miss sometimes, giving your child more opportunities for a successful catch.
- After your child catches three balls, switch roles. Let them throw while you and Dad hold the tubs. Run dramatically from side to side to keep the game lively.
- If your child wants another round, gradually stand farther away or toss from a new direction to add a manageable challenge.

Tips

- Toss slowly and control the direction so your child can watch the ball's path, move with it, and practice focusing for a short period.

Observations

- ☐ Holds the tub ready and watches the approaching ball
- ☐ Moves their feet and reaches the tub toward the ball's path