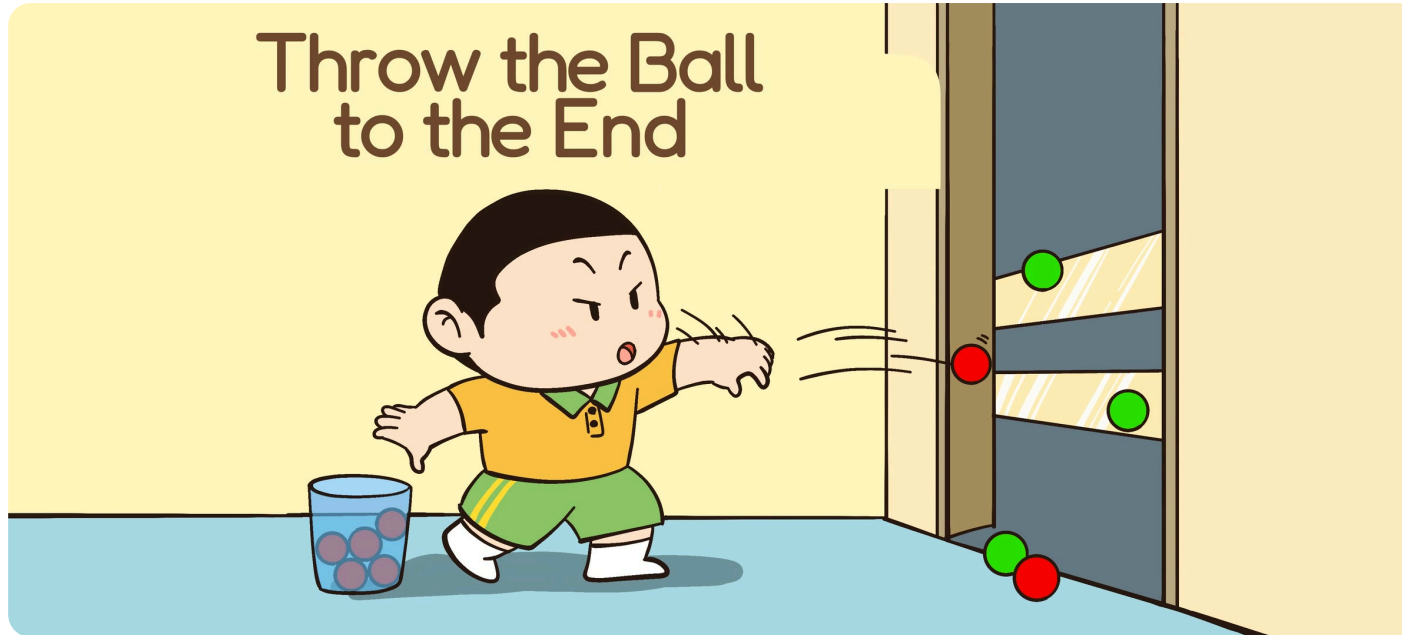




Sticky Ball Toss

Stretch wide tape across a doorway with the sticky side facing you, then take turns tossing colorful balls to see which ones stick.

Helps Your Child Grow



Cognitive Self-Regulation (Executive Functioning)

A playful challenge gives your child practice continuing after a missed throw and adjusting their approach with support.

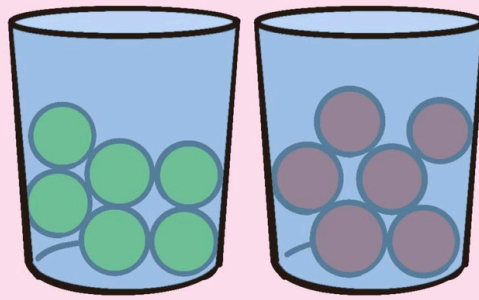


Perception

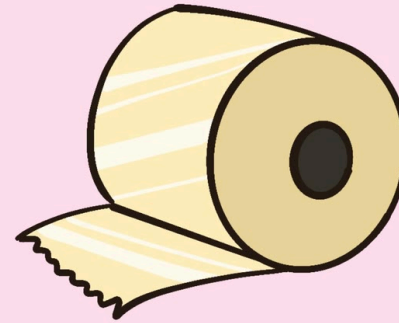
Aiming and tossing toward the tape gives your child practice adjusting body position and directing a throw.



What You'll Need



Two baskets of balls in different colors



Wide Tape

What You'll Need

1. Two baskets of soft balls in different colors
2. wide tape placed horizontally across a doorway



Start the Tossing Challenge

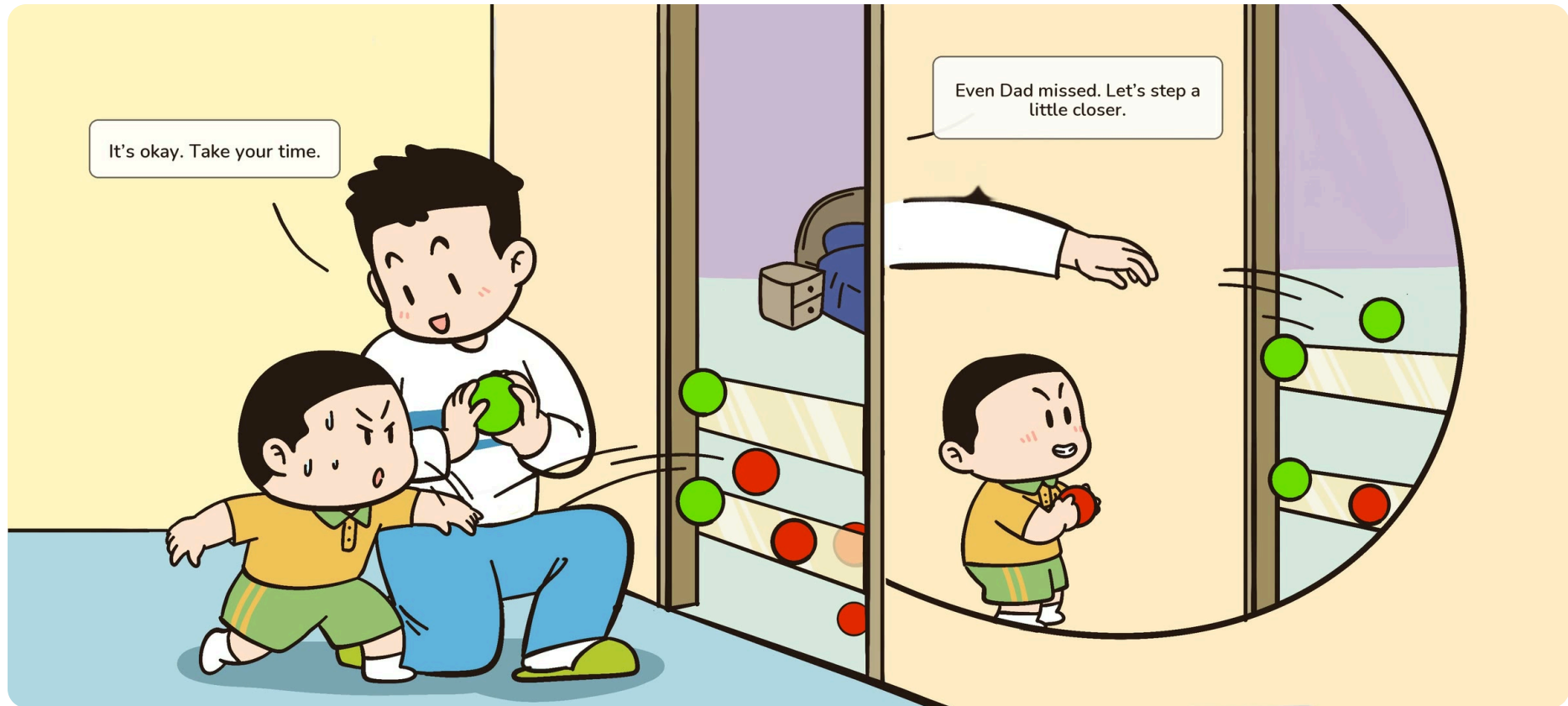
Demonstrate by tossing one ball toward the tape. Hand your child a ball of another color and invite a try. Celebrate when a ball sticks, then begin a friendly tossing challenge together.

Observations

- Imitates your movement and throws the ball toward the tape
- Claps happily or raises their hands to celebrate after a successful throw

Tips

- Give your child a few practice throws before beginning the challenge so they can become familiar with the target.
- Change the tape pattern to refresh the challenge: try diagonal strips, a cross, or several parallel lines.



Keep Going a Little Longer

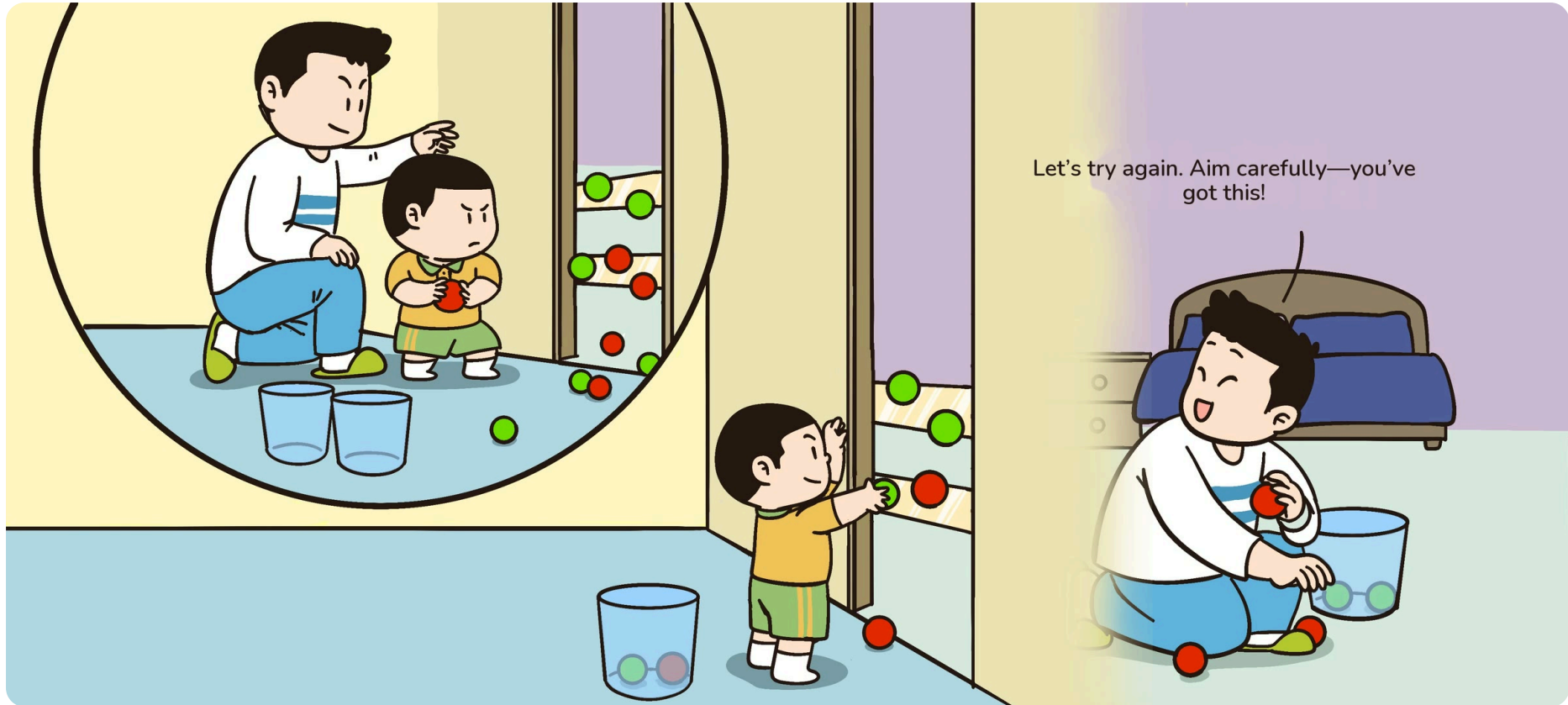
If missed throws make your child anxious but they still want to win, slow the pace and make the target easier. Miss one deliberately and suggest that both players step closer. The adjustment lets your child experience continuing after a small setback.

Observations

- Keeps throwing the ball even after missing the target
- Adjusts their posture, throws the ball forward, and tries to land it on the tape

Tips

- A friendly challenge may motivate your child, but a target that feels impossible can have the opposite effect. Watch their response and adjust.
- Reduce the distance or simplify the target enough for your child to see that another attempt could work.



Try It Again

After moving closer, try another round. When all the balls have been tossed, compare how many of each color are stuck to the tape. Whatever the result, acknowledge your child for continuing to try. Collect the balls together and play again if they want to.

Observations

- Tries different throws and keeps working to land a ball on the tape
- Says which color has more balls on the tape

Tips

- If losing feels hard, name the feeling before focusing on the effort: “You’re sad that your ball missed. You kept trying.”
- Small, adjustable challenges can give your child experience recovering from a setback and choosing to try again.