



Play to Learn! June 1, 2022

Edmonds Park - Outdoors!

SMILE PROGRAM

Roll The Dice & Ball Toss

Materials needed:

Roll the Dice - dice

Ball Toss - ball

Directions:

Roll the Dice - Parent and child take turns rolling the dice, the number that the dice lands on corresponds to a physical activity. Get creative! Mix it up!

For example: roll #1=1 jumping jack

#2=2 hops on one foot

#3=3 claps of hands

#4=4 frog jumps

#5=5 wave arms like a bird

#6=6 dinosaur stops

Ball Toss - Parent and child toss ball to each other. While the ball is in the air parent/child clap a certain number of times. You can go in order of numbers or call out random numbers. Try to clap the amount of times called out before catching the ball.

Roll The Dice & Ball Toss

..... will help your child's development in the following areas:



Physical Health & Well-Being

- Both activities develop gross motor skills, coordination, hand eye coordination



Language & Cognitive Development

- Both activities help develop memory, number knowledge and counting skills



Social Competence and Emotional Maturity

- Both activities can be done anywhere with minimal supplies, offer parent/child interaction, communication skills and taking turns



Communication Skills & General Knowledge

- **Both activities help develop listening and following directions**