

# GROSS MOTOR ACTIVITY

## BALLOON TENNIS

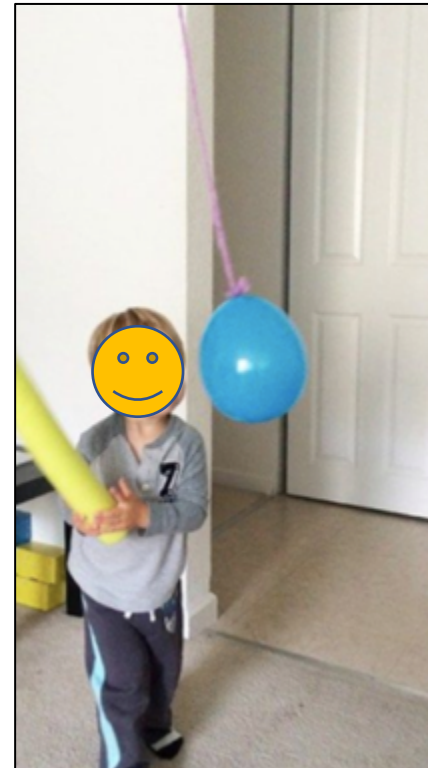
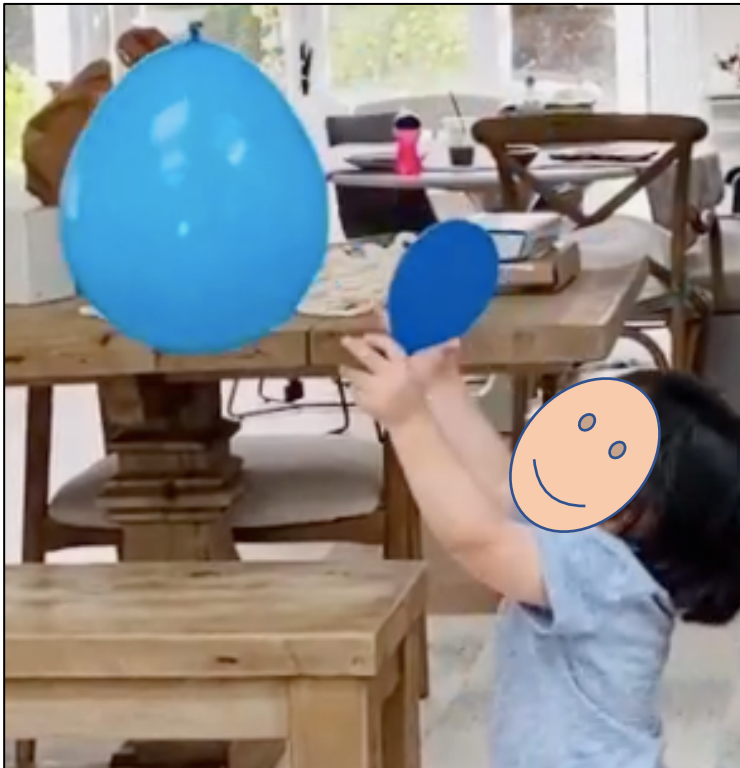
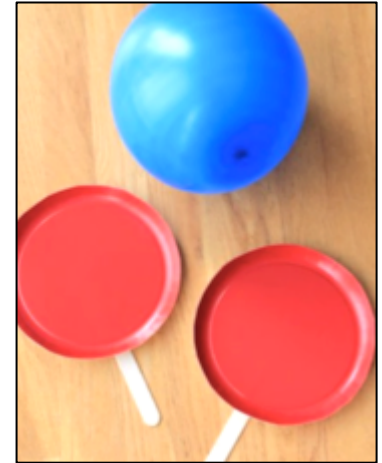
By Eunice

### Steps:

1. Tie a balloon to a long string.
2. Tape the other end of the string onto the ceiling.
3. Tape or glue one end of a stick to the edge of a paper plate.

### What you need:

- Balloons
- Paper plate and a stick or
- Foam pipe or Fly swatter



\* If you don't have a foam pipe or a fly swatter



Introduce your child to active play inside the house with this fun, creative activity!  
Make sure there is space for the child to move around.

Try using hands and feet to punch and kick the balloon.  
Try jumping up very high to reach the balloon.

