

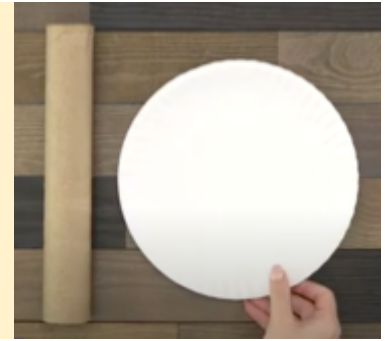
GROSS MOTOR ACTIVITY

Ring toss activity

By Eunice

☐ What you need:

- Paper plates
- Cardboard paper towel rolls
- Pencil
- Scissors
- Various coloured paints



☐ Steps:

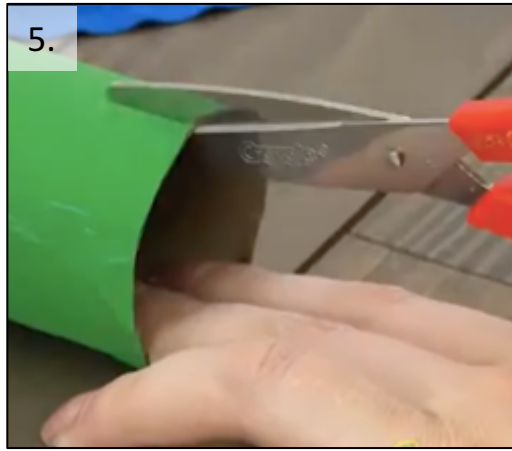


1, 2. Place the cardboard roll in the centre of the plate and trace around it to make a circle.

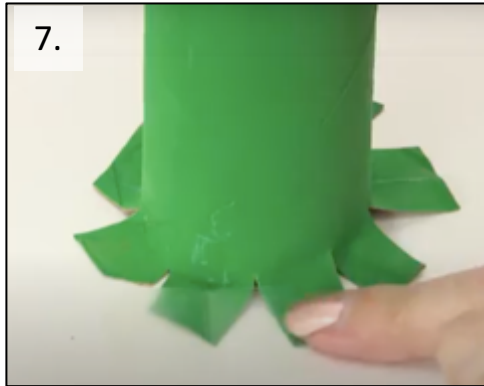
3. Cut out the circle in the centre to make a hole.



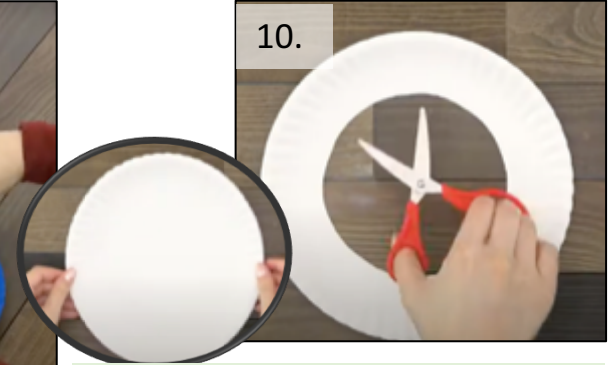
4. Paint your paper plate and cardboard in the colours you want.



5, 6. When dry, cut the ends of the cardboard roll and spread them. Paste the cut ends of the cardboard roll onto a new plate.



7, 8, 9. Place the painted paper plate through the cardboard roll, on top of the new plate.



10. Cut out larger circles on the paper plates to make the rings.



8. Paint the paper “rings” in the colours you and your child like.

9. Play ring toss with your child!

- Try this with your child:
 - Toss the ring at farther distances, in different positions
 - Talk about the different colours of the rings