



# COLOURED SOCK/BALL DUNK

### Materials you need:

- Socks of different sizes and colours (check lost property or the op shop!)
- You can also use plastic coloured balls or similar as long as they are soft and easy to grip.
- Washing baskets, large bowl or similar – just make sure they have a wide opening.

### Setup for play:

- Roll the clean socks into a tight ball.
- Place the basket or bowl in middle of a clear space. Place sock balls into the basket.
- Sit near the bucket with the children opposite and roll the balls over to each child.
- Encourage them to stand and throw their bowl into the basket. Roll socks back for another turn.
- If younger children are having difficulty getting the sock balls into the basket show them how to walk up closer and drop the ball into the basket.
- Allow them to explore and play with the sock balls in their own way.

### What are they learning with this activity?

As the children aim and throw the sock balls they are learning to:

- Listen to and follow directions
- Use hand/eye coordination skills and demonstrate spatial awareness
- Strengthen fine motor muscles and control
- Coordinate and strengthen their large
- Recognise basic counting and number concepts
- Challenge their sense of touch and sensory processing
- Work together in a group with others and extend social skills
- Persist even when they find a task difficult
- Understand basic position concepts

### Extending the play:

- Group the socks by colour or size. Add different coloured baskets to aim for.
- Use buckets with smaller openings to make aiming a little more challenging.

