

Activities to do with your Beach Ball



1. Throw the ball through a hanging hoop.
2. Play catch.
3. Volley the ball with a friends using different body parts.
4. Play 'hot potato.'
5. Roll the ball around the room or over/under obstacles.
6. Pretend it is a heavy weight and lift it in different ways.
7. Hold the ball in your arms and move them from side to side.
8. Use as a steering wheel.
9. See how long you can balance the ball on different body parts.
10. Try to juggle the ball.
11. Play 'keep it up.'
12. Balance the ball on your head and try to walk.
13. Try to juggle the ball.
14. Hit the ball against a wall.
 - a. Once you get good at this make a target on the wall to hit the bull's eye!
15. Try to spin the ball on your finger.

