

Swat the Fly

Age: Preschool-age (3-4 years)

This activity helps your child's development in this domain: Physical

What You Need:



- Foam Pool Noodles (cut in half)
- Frisbees or Plastic Plates
- String or cord for pulling the "fly"
- Fly template (draw your own or find in packet)

What To Do:

1. Poke a hole through the rim of a Frisbee or plate and insert a 4 foot length of string and tie a knot to secure it.
2. Make a copy of the "fly" and secure it to the Frisbee with clear packing tape.
3. Say to your child, "Your job is to swat the fly with this swatter (pool noodle)."
4. Use the string to pull the "fly" as you drag and run with the Frisbee.
5. Switch! Have the child pull the fly while you try and swat it.

Adapted from: "Active play! Fun physical activities for young children")



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