



MAKE-YOUR-OWN BOUNCY BALLS

For each ball, YOU'LL NEED:

- 1 tbsp. Elmer's white glue
- food coloring
- 1/2 tsp. Borax powder (can be found in the laundry detergent aisle of most bigger stores)
- 3 tbsp. cornstarch
- 4 tbsp. warm water

Here's what you do:

1. In one cup, put your warm water, cornstarch and Borax. In another cup or bowl, put your glue.

2. Next, put several drops of food coloring into the white glue and stir well.

Give your water/Borax/cornstarch mixture a good stir to combine all the ingredients (the cornstarch has a tendency to settle on the bottom). Then pour the water mixture into your colored glue.

4. Give it a stir and you'll see it immediately start to clump together. Stir it a bit more until you have one big, slimy glob.

5. Take the glob out of the liquid and begin rolling it between the palms of your hands to form a ball. It'll be sticky at first, so keep a paper towel handy to wipe off your hands occasionally, but soon a rubbery ball will form. (We found that just using our palms seemed to work better than using our whole hands and fingers.)

6. Once the stickiness is gone and you have a nice smooth ball, that's it! You can bounce away!!

CORE GAMES MODIFICATIONS

Modifying games for lower grades or to change-up/reintroduce games

BASKETBALL

- Use various size balls (size, weight, texture, colour)
- Allow travelling and two hand dribble
- Use larger/lower goal
- Slow the pace, especially when first learning
- If student uses wheelchair, allow him to hold ball on his lap while pushing wheelchair
- Use beeper ball, radio under basket for individual with visual impairment

GOLF

- Use a club with a larger head, shorter/lighter club, or coloured/larger balls
- Practice without a ball
- Use tee for all shots
- Shorten distance to hole

SOCCER

- Use walking instead of running
- Reduce playing area
- Play six-a-side soccer
- If student uses a wheelchair, allow him to hold ball on lap while pushing the wheelchair
- Use a deflated ball, nerf ball, beeper ball, brightly coloured ball

SOFTBALL

- Use Velcro balls and mitts
- Use larger or smaller bats
- Use a batting tee and Incrediballs or beeper balls
- Reduce the base distances
- Shorten the pitching distance
- If individual is in wheelchair, allow them to push ball off ramp, off lap, or from tee
- Provide a peer to assist
- Players without disabilities play regular depth defence
- Students without disabilities count to ten before tagging out person with disability

TENNIS

- Use larger, lighter, and brightly coloured balls
- Use shorter, lighter racquets or larger head racquets
- Lower the net or do not use a net
- Hit ball off tee
- Allow a drop serve and stand closer to net on serve
- Do not use service court
- Use a peer for assistance

VOLLEYBALL

- Use larger, lighter, softer, bright coloured balls
- Allow players to catch ball instead of volleying
- Allow student to self-toss and set ball
- Lower the net and/or reduce the playing court
- Stand closer to net on serve and allow ball to bounce first

http://www.playworks.org/files/Playbook_10-11_final.pdf

SNOW GLOBES ACTIVITIES



BROWN PAPER BAG POPCORN

There's no need to buy the expensive microwavable popcorn... you can make your own for much less. All you need is a brown paper bag and 1/2 cup of popcorn kernels. paper bag, and fold your bag twice over.

Put the bag in the microwave for about 2-3 minutes. Everyone's microwave is different... so it's best to just listen for the popping to slow down.

Spray a coat on the top layer of popcorn with Extra Virgin Olive Oil Non Stick Cooking Spray, to give the seasoning something to stick to and apply your favourite seasoning. It's as simple as that!



GIANT MARBLES

Kids love playing games. Clapping and singing is always fun and keeps them happy. Communication is great for children to develop their confidence.

Activity:

Collect as many balls as you can (soccer, beach, basketballs etc).

Make a large circle with rope on grass or chalk on cement. Place all the balls into the circle and spread them out a little.

Players use one ball as the shooter (a heavier basketball or soccer ball). Standing four metres away from the centre of the circle, players take turns rolling their shooter at the balls inside the circle, to try and knock as many of them as they can outside the circle without the shooter going outside the ring.

If a player knocks balls outside of the circle, he keeps them and gets to have another turn. When the circle is empty, the player with the most balls wins.



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FACE BROOCH

What You Need:

- Cardboard
- A large safety pin
- Decorative utensils: pencils, crayons, glitter glue, fabric, glue, paint, paintbrushes
- Buttons or craft eyes
- Pipe cleaners or wool for hair
- Scissors
- PVA
- Tape

Activity:

Cut the cardboard into a medium sized circle. Use the crayons and fabric to create a skin colour and facial features. You can use buttons for eyes and pipe cleaners for hair.

Think creatively and see what you have lying around at home; drink bottle lids could make interesting glasses for the face, and leaves from outside could create uniquely textured hair.

Notes:

Alternatively you could collect facial features from old magazines to make up the face.



AN OUTDOOR ACTIVITY BOX

Children love being outdoors, running around engaging in imaginative play. You can encourage creative natural play by creating an outdoor box full of creative ideas.

What You Need:

- A large box
- Skipping rope
- Hula hoop
- Soccer ball
- Tennis ball
- Chalk
- Butterfly net
- Magnifying glass
- Your imagination

When you go outside bring out the outdoor activity box which will give them plenty of creative play ideas. A tennis ball can be rolled down a hill, put in the toe end of a cut-up pair of tights, or used in a circus game as a juggling ball. Chalk can be used to decorate the back fence, to create pet rocks, or draw up an invented pavement game. A hula hoop can be turned into a 'magic pond', twirled on arms and legs, or chased along the grass. A skipping rope can turn into a squirmy snake, be a river or hold up a homemade tent.



MAKE YOUR OWN LAVA LAMP

Here's how:

1. Gather your supplies ~ cooking oil, water, food colouring, an empty water bottle, and Alka Seltzer antacid tablets.

2. Fill your bottle about two thirds of the way with oil then fill the rest with water, leaving about an inch free at the top.

Note: We liked watching the water layer "sink" to the bottom, but we had to wait awhile for the bubbles to disappear for the next step. Adding the water first, then the food colouring and finally the oil, wasn't quite as fun, but it was a bit faster.

3. Add several drops of food colouring. (If you did the oil first, then the water, it'll take a little while for the drops of food colouring to "break through" and tint the water.)

4. Take an Alka Seltzer tablet and break it into 3 or 4 pieces. Then drop a piece in and watch the magic.

5. As soon as the tablet hits the layer of water, it will start to fizz and the coloured water will erupt!

6. The bubbles will stop as soon as the tablet dissipates, but it will start up again as soon as you add another tablet. If the oil layer starts to become cloudy with tiny bubbles, just let it settle for awhile and then you can do some more.

My kids loved it so much they worked really hard to be good so they could "earn" more antacid tablets to do it over and over again.



GAK

This substance is super cool! Your kids (and any nearby adults) will spend hours squishing, smushing, and stretching it to discover all its amazing properties!

Here's what you need:

- Elmer's glue (4 oz bottle)
- Borax (powder found in the laundry aisle)
- food colouring
- water

Here's what to do:

1. Put 1/2 cup water in a bowl. Pour in the whole bottle of glue and mix together.

2. Add food colouring to make your favourite colours and mix well again.

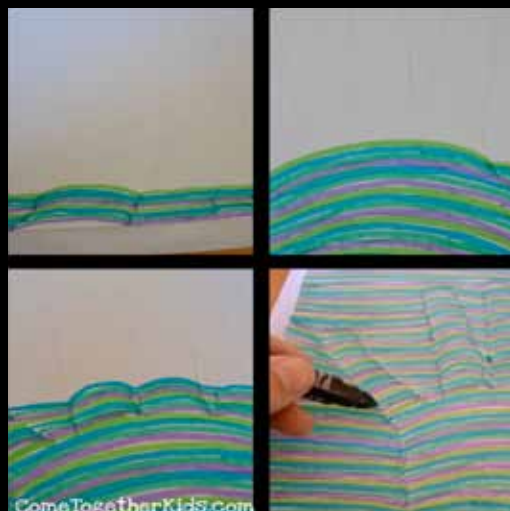
3. In a separate container (one with a spout for pouring is helpful) heat one cup of water. (I just microwave it for a minute). Add 1 tbsp of the Borax, and mix well until it dissolves. Add an additional 1/2 teaspoon of Borax to the water and stir until dissolved again. Continue adding 1/2 tsp at a time until no more will dissolve. (I ended up adding 3 or 4 more 1/2 teaspoons).

4. Pour the Borax water into your glue mixture and stir well. It will immediately start to clump together. Continue stirring until you have a glob in the centre and liquid around it.

5. Carefully lift out the glob. It'll be really slimy and sticky. Squish it in your hands until it solidifies more. It will lose some of its sliminess and hold its shape more. Pour out the excess liquid.

6. HAVE FUN!!! You and your children will discover all sorts of fun ways to stretch and play with your Gak! If you pull it slowly it'll stretch out. If you pull it apart quickly, it'll break. Set one glob on top of another and watch it "melt" together. Lots of fun!

7. Store your Gak in a covered container or plastic bag. It'll last for a few weeks.



OPTICAL ILLUSTION HAND PRINT

Here's what you need:

- your hand
- plain piece of white paper
- markers

Here's what to do:

1. Trace your hand and a bit of your wrist in pencil.

2. Using marker, draw a straight line across until you reach the pencil outline of your hand. Make a curve from one line to the next, then continue in a straight line.

3. Continue making lines until the whole paper is covered, always making the lines curve within the outline of the hand.

4. If necessary, when you're finished, touch up and fill in any white spots that you missed.

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