



Gravity Jump & Drop

#277

AGE GROUP



3-5 years



Multiage



Baby & Toddler

HOW DO I SET UP & PLAY?

Curiosity Spark - What happens to things that go up? What pulls us down?

- Introduce younger children to the basic concept of gravity with this activity that also gets the muscles moving!
- Start by doing some jumping - 1 foot or 2 feet depending on the age group. Then ask if the children can jump and stay up in the air. Make it a fun game with some fast-paced music.
- Now pass the 'light' scarves out (or inflated balloons) and show children how to throw them up in the air then try to catch them as they float back down. Do they come down fast or slow?
- Next, you can try throwing some soft but 'heavier' balls up into the air.
- Introduce new words and position concepts to the children as you play...heavy, light, up, down, fast, slow, gravity, high, low, pull.

EXTENDING LEARNING SPARKS

- Stick some shapes or pictures on the wall and encourage children to jump up and touch them.
- Provide a variety of everyday objects or toys that will clearly fall at different rates. Children choose an object then hold it up high and drop it into a tub or basket on the ground. Ask older children to share what they notice about how each item falls, was it fast or slow?

WHAT MATERIALS DO I NEED?

- Scarves
- Balls
- Space to jump around
- Music (optional)



Challenging My
Gross
Motor Muscles



Exploring Simple
Math Concepts