

W.E. EARLYON

STAYING CONNECTED



Parachute

WHAT YOU WILL NEED:

- Bed sheet or towel
- Balls, stuffed animals (other soft, lightweight objects)

WHAT TO DO NEXT:

1. Hold onto opposite ends of the sheet and stretch it out wide. Use a small sheet or towel if it is just you and your child.
2. Get your heart rate up by moving the parachute up and down, hiding underneath it, crawling on top of it, etc.
3. Add balls or stuffed animals and make them pop up in the air. Try not to let any fall off the parachute.

