

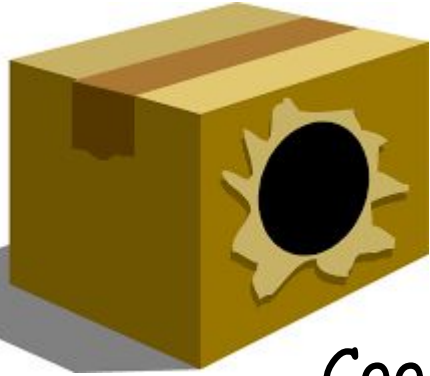
Fine and Gross Motor Activities

Hole in the Box

A Game to Make at Home

May 8, 2020





Hole In The Box

For all ages

Learning Target:

Cooperative object manipulation
Eye to hand coordination



Background:

This is a fun family activity that you can make from things you have around the house.

Let's get started:

Supplies:

- A shallow rectangular cardboard box
- Ball (tennis ball size or smaller)
- Something to cut a hole in the bottom of the box
- Someone responsible to cut, or assist with cutting, the hole in the box
- A small, open-top bucket, basket or box



Box Preparation:

1. Choose a small ball
2. Cut a hole in the bottom of the box, just slightly larger than the ball
3. Fold the box flaps down inside the box to make it sturdy.

1.



The Game:

Players stand facing one another, holding the box with the ball in it.

***Sit to play if you are unable to stand.

The object is to cooperate and roll the ball so it will drop through the hole and into the container below.

Players receive a point for getting the ball through the hole and an extra point if it drops in the open container below.



Start by squatting to hold the big box close to the container on the floor (easy points), then stand up and get the ball to drop through the hole and into the container (a little harder), next hold the box overhead - now you can't see the ball, and it is hard to watch the container below while you get the ball to drop through the hole (most difficult points to earn).

Challenges: Compete against different teams, choose a smaller open container underneath, or match tall and short players together.