

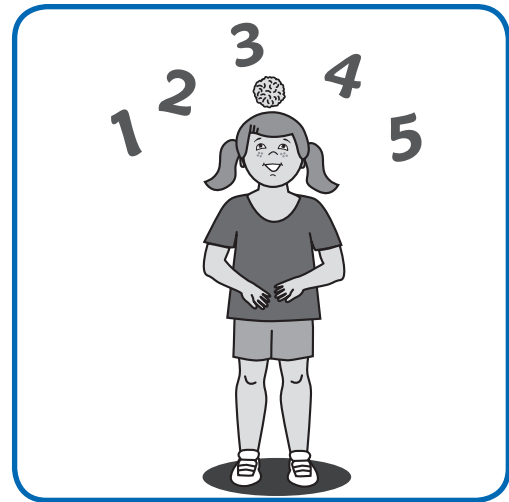


## Ready

- 1 spot marker per child
- 4 cones for activity area boundaries
- 1 fluffball per child
- Musical ASAPs – #9 and #6
- SPARK EC Music CD and player

## Set

- Create activity area.
- Scatter spot markers within area.
- Scatter fluffballs outside boundaries.
- Send children to stand on spot markers.



## GO!

1. **“From Here To There”** (Teach Musical ASAP #9.)
2. **Fluffball Selection and Exploration** (Allow 2 minutes for exploration.)
  - When you hear the color of your home, **hop** to get a fluffball, then **hop** home.
  - When the music starts, play safely with your fluffball inside your bubble.
  - When it stops, set your fluffball on the floor and listen.
3. **Stand and Self-Toss Challenges** – Can you...
  - Toss high slowly? Quickly? Toss medium slowly? Quickly? Toss low slowly? Quickly? (Remind children to watch their fluffballs all the way into their hands.)
4. **Counting Catches**
  - Watch and hear me count catches. I toss, catch, and say 1. I toss again, catch, and say 2.
  - When you hear, “Go,” try medium tosses with your fluffball.
  - Follow me! Let’s toss our fluffballs and count our catches out loud to the number 5. (Count aloud with children. Try counting in other languages.)
5. **Alphabet Catching**
  - When you hear, “Go,” do medium tosses with your fluffball.
  - Follow me! Let’s catch our fluffballs and say the alphabet to the letter “E” for eggplant. (Recite aloud with children. Try reciting in other languages.)
6. **Fluffball Return** (Send children to return fluffballs by spot color and **hop** home.)
7. **“Flick A Fly”** (Teach Musical ASAP #6.)
8. **Wrap It Up**
  - Let’s clap our hands and say the alphabet to the letter “E.” Let’s tap our knees and count to 5.
  - Who will tell us the name of a vegetable that starts with the letter “E?”

# SELF-TOSSING

## ADAPTATIONS

### Variations

- \* Catch and count to higher numbers.
- \* Have children name a fruit or vegetable for each letter of the alphabet.

### Inclusive Strategy

- \* Those having difficulty focusing on 2 concepts (catching and counting) can shadow the activity (pretending to use a fluffball).



## OBJECTIVES

- ✓ Hand-eye coordination
- ✓ Number recognition
- ✓ Letter recognition
- ✓ Visual tracking

### YOUR STATE STANDARDS

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## ACADEMIC

### Literacy

Read Eating the Alphabet by Lois Ehlert.



## FAMILY FUN



### Toss and Count

Join your child in doing medium 2-handed tossing with a small, stuffed toy or scrubbie. With each toss, count out loud or recite the alphabet, the days of the week, or months of the year.



## TEACHER TIPS

- Have children shadow catching and counting a fluffball.
- This activity may be difficult for those still learning the alphabet. Have children repeat after you. Toss your fluffball. Catch it and say, "A." Next, the children toss their fluffballs, catch them and say, "A."

### NOTES

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