

Parachute Play



Can't get out to play? Parachute play can help! No parachute? No problem, use a sheet ! Parachute games encourage cooperative, non-competitive play that reinforces turn taking. Parachutes strengthen shoulder, arm and hand muscles. Here are some games to try.

Alphabet Soup - You will need some alphabet letters, place in center of parachute

Stir - Have children move in one direction around the circle

Simmer - Move the parachute in small rippling waves

Boil - Make large ripples and waves

Bouncing - Use with beanie babies or other small toys

"I'm bouncing into the air"

"I'm bouncing bouncing everywhere"

"I bounce and bounce just like a ball"

"I bounce and bounce until I fall"

Mix it

"Lift it high"

"Bring it low"

"Shake it fast"

"Shake it slow"

CFCE Program

The CFCE Program is funded by a grant from the
MA Department of Early Education and Care.

It is managed by Community Teamwork



Old McDonald

Add various farm animals to the center to be tossed

See Saw

From a sitting position have children pull the chute back and forth in a see sawing motion

Waves

While gripping the chute, everyone moves their arms up and down to make large and small waves.

Umbrella (Sung to the tune "The More We Get Together")

"Come under my umbrella, umbrella, umbrella" (shake gently)

"Come under my umbrella it's starting to rain"

"There's thunder and lightning and flashing and crashing" (shake violently)

"Come under my umbrella it's starting to rain" (back to gentle)

For more ideas check out parachute play on Pinterest



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