

SUGGESTED PARACHUTE GAMES

See-Saw Pull

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

Make Waves

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

Ball Roll

Have the children try to roll balls into the hole in the centre of the parachute.

Chute Lift

Ask the children to lift the parachute high over their heads and down again. Talk about the soft sounds and breezes that are created. Move the parachute faster and notice the different effects.

Mushroom

From a standing position, lift the parachute from the ground to waist height, counting one (lift) and two (lift). On three (lift), have everyone raise the parachute high over their heads and then crouch down, pulling the parachute tightly behind them. A mushroom effect is created as the parachute settles.

Parachute Tag

Lift the parachute high overhead. Call one child's name and have her run (skip, hop, twirl or crawl) to the other side before the parachute comes down and tags her.

One Hand Run

Have each child hold the parachute with one hand, extending the opposite arm out for balance. Run around in one direction, then change and run around in the other direction. A variation would be to use music as the cue for changing direction (i.e. direction can be changed every time the music stops).

Parachute Run

Have the children take turns running on the parachute as it lies on the ground, while the other children make waves. See how long the children can maneuver on the waves before falling down. The length of turns can be determined by songs that the children choose to sing (i.e. everyone's turn lasts the length of one song).

100 more games available. Check your local book store, several books are available.

