

A PROGRAM OF UNITED DISABILITY SERVICES



## TOY & RESOURCE CENTER BUILDING BLOCKS


ONE ITEM ONE SITE ONE IDEA

Take the plunge and drop into the TRC for this totally uplifting item: **parachutes!**

**Parachute play provides unparalleled fun for all ages!**

**Here are a few benefits:**

- Encourages teamwork
- Supports development of self-regulation
- Builds upper torso strength
- Helps release stress
- Promotes physical activity
- Fosters listening skills/following directions
- Teaches concepts (high/low, fast/slow)



Two-Person  
Rectangle  
Parachute

### **Suggested Activities:**

**Treasure Hunt:** Place a “treasure box” of items under the parachute. Shake the parachute up and down to make waves, take turns diving under to find your treasure, then communicate your finding! (To practice dressing skills, place a shoe, mitten, or other items!)

**Weather Station:** Act out weather conditions (e.g., wind - flutter/hail - ping pong balls/snow - white poms/tornado - run in circle).


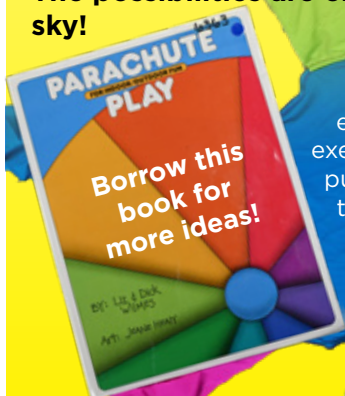
**Balance Ball:** Maneuver as a team to keep the ball(s) from falling off!

**Musical Parachute:** Attach small bells to the handles using pipe cleaners.

**Simon Says:** Simon says, “Lift the parachute over your head!”

**Creativity Toss:** Yellow poms as bees, crunched paper as popcorn, scarves . . .

**The possibilities are endless—reach for the sky!**



This **Octoband** is an eight-armed resistance exercise band that kids can put their arms through, if they're not able to grip handles, and join in the fun!

## ONE SITE

This site provides some helpful age-related guidance for each activity listed:

<https://gooddayswithkids.com/2021/10/26/parachute-play/>

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## ONE IDEA

Think like an engineer and make a different type of parachute—one that floats down from up high!

1. Color a white circular coffee filter using non-permanent markers.
2. Spray water from a spray bottle to blend the colors and let dry for some fine motor fun.
3. Hole punch on the edge of opposite sides of the filter about  $\frac{1}{4}$ " from the edge (four holes in total). This is a super hand strengthening activity!
4. Attach yarn through each hole.
5. Connect the yarn to a small toy or twist a pipe cleaner to create something unique.
6. Stand safely on a stool or staircase (**with supervision**) and let it float down to the ground! Count how long it takes to reach the floor.

For a Halloween twist, color two black eyes on the coffee filter and turn it into a ghost. Attach small holiday rings such as bats, ghosts or spiders to the yarn as the weight.

This is a great STEAM activity—one that incorporates an artistic component while also teaching science concepts (drag, air resistance, gravity). You'll get the hang of it in no time at all!



**Why buy when you can borrow?** United Disability Services' toy lending library loans developmental toys and resource materials to its members. Stop by and see us!

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