

Make a Ball

Benefits of Playing with a Ball

Ages 6mth+ for completed ball, Ages 6+ making the ball

Ball games are great for supporting eye hand co-ordination, and fine and gross motor skills. With a ball you can roll, catch, throw, kick, bounce, toss in a box or throw through a hoop. As well as sewing a ball, balls can be made as simply as scrunching up a piece of paper.



1. Cut up an old sock 2. Gather the top 3. Turn it inside out and pull the gathering together and tie off



4. Turn it right side round and add stuffing 5. Stuffing can be cut up bits of unused fabric scraps, paper...

6. Gather and ties off the bottom of the ball pushing the edges to sit on the inside (if you are using the toe of a sock you only need to sew up one end)