

Noodle Slam

Objective: Build strength in arms and work on body control through movement and hand-eye coordination.

Equipment:

- 1 half noodle, tube with gift wrap, or paper towel tube for each child.
- Colored pieces of construction paper, poster board, or paper plates.

Setup: Scatter colored paper around the play space, 3' to 4' apart. If possible, have multiple pieces of each color. Each child has a half-noodle or paper tube and stands at a starting line. You can play inside or outside, but the play can be bigger (and more fun) outside.

Directions:

1. Have the children spread out along the starting line (a child can play alone or with a sibling as well).
2. Next, an adult calls out a color and children run to that color and slam their noodle against that color.
3. Once they hit their color, they race back to the starting line to get ready for the next color.
4. Continue to play and encourage children to hit the colors harder or softer based on skill level

Change it up:

- Hit all the reds and count them as you go, returning to the starting place as quickly as possible.
- Hit colors in a specific order: red-yellow-red and return. Make it more complicated for older children with a longer list of colors.