

Wool Flurry

EYFS Area: **Physical Development**

Learning Goal: **Health and Self-Care**

Did you know?

Blowing exercises position and strengthen the tongue and mouth for producing sounds in language development.

How to play

1. **Place** cotton wool balls on a low table or chair and hold a basket near to the edge.
2. **Ask** your child to use the straw and blow the balls into the basket so you can collect them (or blow directly onto the wool balls if easier).
3. **Move** the basket around to different positions so your child has to aim their blow in different directions.
4. **Count** the number of cotton balls as they land into the basket!

TIP: Introduce new words like blow, fast and slow with your instructions e.g. 'Try to blow fast now.'

Level 2

After scoring the goals, create a **moving goal** with the basket so your child has to blow the balls even quicker to keep up.

Level 3

Once your child has managed the moving goal, see if your child can score all the goals in **one minute!**

Top tip

If your child is finding this tricky, you can cut the straw to reduce the amount of 'blow' needed.