

Parachute/sheet Games and Ideas

The benefits of using the parachute/sheet:

- It is fun and stimulates the senses
- It can be used on the floor or children can hold it standing or in chairs
- It brings children and adults together and encourages eye contact, turn taking and communication
- It develops children's gross motor skills

Items that can be put on the parachute (and lifted up into the air):

- Balls – (inflatable balls will fly the best!)
- Cotton wool (to create a snow effect)
- Soft toys or animals
- Rubber ducks

Items can be counted as they are thrown onto the parachute as well as songs relating to the items e.g. five little ducks or the animals came in two by two



The Name Game

'If you're name starts with '(letter name)' or your name is (child's name) go under the parachute (emphasise the under) – adult to support child to go under the parachute whilst others keep it lifted up.

Incy Wincy Spider

Incy Wincy Spider (side to side)

Climbed up the water spout (lift parachute up)

Down came the rain (lift down)

And washed the spider out (bring to middle)

Out came sunshine (pull outward)

And dried up all the rain and Incy Wincy Spider (side to side)

Climbed up the spout again (life up)

Slow and Fast

Listen to music that contrasts between slow and fast. During the slow music everyone lifts the parachute up and down together slowly. During the fast music everyone shakes the parachute quickly.

Vocal Exploration

Start holding the parachute down low near the ground and make low 'oo' sound. As you raise the parachute slide your voice up high 'aaaaa'. As you lower the parachute down, slide your voice down in pitch.

Jelly on a Plate

- Jelly on a plate, jelly on a plate (lit parachute up and down)
- Wibble wobble, wibble, wobble (make parachute wiggle from side to side)
- Jelly on a plate (up and down)

Ring a Rosie

Bring new life to the simple game of Ring-a-Rosie! Children hold onto the parachute and circle around while singing. At the end of the song they all fall down.

Ring a ring a rosie

A pocket full of posies

A tishoo, a tishoo

We all fall down!

Cows are in the meadow

Eating buttercups

A tishoo, a tishoo

We all jump up! (Jump up while sliding voice from low to high and lifting parachute).