


Activity	Ball to cone taps
Materials	Ball, Several Cones, Your body
Skills Targeted	Balance, Leg strength, Core Strength
Instructions:	<p>1. Place Several Cones in front of child</p> <p>2. Have child tap each cone individually with the ball without moving feet</p> 
Modifications:	<p>If your child uses a wheelchair, this activity can be done seated as well and works on sitting balance</p> <p>If you need more of a challenge, simply place cones farther away or have child stand on a cushion</p>