

FROME ECO PARTY KIT



30 (+ 1 FOR LUCK)

PARACHUTE GAMES

1. MUSHROOM—A GOOD WAY TO INTRODUCE THE PARACHUTE!

1. Children evenly spread out in a circle –while holding the edge.
2. Pull the parachute taut and then lower it between knee level and the ground.
3. On a signal-all raise the chute upwards; it will fill with air and rise up like a giant mushroom (In the winter-call it an “IGLOO”)

Tip #1: to get it as high as possible, all participants take a couple of steps towards the centre as the chute rises.

Tip #2: Practice together so the children can learn cooperation and work together as a group

2. VARIATION OF MUSHROOM: Once the basic play is mastered 1. Mushroom and then all children run to the centre while still holding the chute.

2. Mushroom and then have all children let go of the chute at the same time.

If there isn't any wind, the chute will retain its perfect puff shape and rise straight up into the air.

This is especially fun outdoors on a windy day. Indoors it may go up to the ceiling.

3. WAVES

While holding the parachute tightly, participants move their arms up and down to make small and large waves.

4. TREASURE UNDER THE SEA

Place a variety of ‘treasures’ (anything you want) into a treasure box under the parachute. Make waves (above) as if in a Sea Storm. Send divers to retrieve called out items one by one from the box.

5. CATHEDRAL or CIRCUS TENT

1. With the parachute lowered, players raise their arms (and the chute) as high as possible.
2. Once the chute is high, on a signal-all take 3-4 big steps towards the centre.
3. Still holding the chute tightly, children sit down at the edge of the chute under what should appear to be a cathedral

6. PARACHUTE TAG

Lift the parachute high overhead.

Call one child's name and have him/her run to the other side before the parachute comes down and tags them.

Variation: You can alter the game by having children skip, crawl or twirl to the other side.

7. ONE HAND RUN

1. Have each child hold the parachute with one hand with the opposite arm extended straight out for balance.

2. Run clockwise in one direction and then change to counterclockwise.

Tip: Use music to cue children for changing direction; every time the music stops, the direction is changed.

8. NUMBER SWITCH

You need a large parachute for this activity.

Depending on the number of children playing, going around the circle, number the children. Example: 1-2-3-4-5, 1-2-3-4-5, etc. Call a number such as "3" and all the "3's" switch places by running under the chute.

Loud with running excitement but fun!

9. MERRY-GO-ROUND

Turn the body so that the chute is held with only one hand. Walk, hop, jump, or skip around holding the chute.

It looks like a merry-go-round!

10. SHOE SHUFFLE

A number around the circle 1 or 6 (or adapt numbers according to group size).

All the number-one children remove a shoe and throw it under the parachute.

On the third lift—all those missing a shoe go into the middle, retrieve their shoe and return to their place.

Continue with the other numbers

11. SHAKE HANDS

Have all the players hold the parachute way up high above their heads.

Call out two names and have these two players run underneath the parachute, shake hands, then run back out before the parachute comes down.

Continue doing this until all the players have had a chance to run under the parachute.

12. CAT AND MOUSE

Everyone holds the chute stretched out at about waist height. Someone becomes a mouse and goes underneath. Someone else becomes a cat and goes on top. The rest of the group try to hide the mouse by moving the chute up and down.

13. THE FLYING PARACHUTE

Swing the parachute upwards and let it go~
Try to keep the parachute floating as long as possible.

14. FRUIT SALAD

Each player is given the name of fruit such as pear, apple, or strawberry. When the facilitator calls out the name of a fruit, everyone with that fruit name changes places by running under the parachute. When fruit salad is called out, everyone must swap places with the players on the other side.

15. GOING TO THE HAIRSTYLIST (This can also be a science demonstration of static electricity!)

1. Have children hold the edges of the parachute with one child sitting under it.
2. On signal, the children pull back and forth on the parachute as if they are washing hair.
3. The child's hair beneath the parachute becomes statically charged because of the rubbing.
4. On signal, swing the parachute up so the child's hair goes up and stays up! (Static charge)
5. The more often the hair is "washed"—the more 'charged' the head of hair becomes.

16. PARACHUTE WITH POEMS OR SONGS THERE WAS A MAN!

Holding onto the parachute, children walk around in a circle. As they walk they say

There was a man in our town
Who went for a WALK one day
But the wind blew so hard
He turned around
And WALKED the other way.

Variation: Add to the fun and change the action words to skip, hop, run, etc.

17. WHEN THE PARACHUTE GOES UP SONG

Sung to: "If your happy and you know it"

When the parachute goes up
Stomp your feet
When the parachute goes up
Stomp your feet

When the parachute is high
And floats up in the sky
When the parachute goes up
Stomp your feet.

Additional verses:

Lift one leg...
Shout hooray!
Bend your knees...
Wiggle your bottom...
Shake your head and so on...

18. NAME GAME

As the song is sung, have children raise the parachute above their heads. When a child's name is called— they run under the parachute. The parachute is slowly lowered in an attempt to trap the child. Play until all children that would like to try— have had a turn. Sung to: Row, Row, Row your Boat

Up, up, up it goes
Down, down, down it comes
If your name is—— (put in a child's name)
Now's your turn to run

PARACHUTE GAMES USING BALLS, COTTON BALLS, BALLOONS, JUMP ROPES, BEAN BAGS OR POM-POMS Most games using balls are good for children from 5 to 11...

19. POPCORN #1

Start with all players holding the chute stretched out. Throw as many softballs as you have onto the chute-the more the better!

Holding the chute tightly, have children bounce the popcorn (balls) as quickly as they can off of the chute.

Variation: Play this game in two teams. One side of the children tries to

bounce the balls off the chute, while the other side works at keeping the balls on the chute!

20. POPCORN #2

Place a number of beanbags or cotton balls on the chute. Shake the chute to make them rise like popcorn.

Variation: IN THE WINTER USE COTTON BALL AND CALL IT 'FALLING SNOW'.

21. BALL ROLL

Have the children try to roll balls into the hole in the centre of the parachute.

22. DON'T DROP THE BALL (Team Play)

Place a softball of any size in the centre. The object of the game is for each team NOT to let the ball fall off on their side.

23. ROLLERBALL

Have all players holds the chute stretched tightly.

Place a large ball near the edge.

The object of this game is to try to make the ball roll around the edge of the chute.

To do this someone starts the ball rolling. As it comes towards you, you lower the edge you are holding, and as it goes past you raise your edge.

When all the players do this smoothly, a wave is created that goes around the edge, pushing the ball in a steady circle. It cannot be done without concentration and co-operation!

Tip: This game also needs practice and co-operation. When mastered it can be a lot of fun! You've done this try speeding up – or change direction. Variation: Roll the ball at different speeds or change direction.

24. ROLL-A -BALL TO A FRIEND

Place a ball on top of the parachute and have the players roll the ball back and forth to each other. For example, you could tell a specific person to roll the ball to someone that you name. This game encourages cooperation, as the players will have to work together for the first player to get the ball to their friend.

25. THE CATAPULT

Place a ball on the parachute and catapult it as high as possible!

26. BALLOON FLOAT

While the players are holding onto the parachute, place several balloons on top of the parachute. Count to 3 and then say “up”. On the word “up”, all the players raise the parachute up over their heads as fast as they can and then bring the parachute down as quickly as possible. Where are the balloons? Keep repeating this game to see how high you can get the balloons to go, or how far you can get them to travel.

27. PARACHUTE GOLF

While the players are holding onto the parachute, toss a plastic golf ball onto the parachute. Have the players manoeuvre the parachute to try to get the ball through the hole. When the ball is in the hole, have a caddy go under the parachute to retrieve it and start over. Count the number of waves (golf strokes) it takes the players to get the ball into the hole. Keep track of a scoreboard.

28. FLEAS

Need several small balls such as plastic balls, tennis balls or table tennis balls...

Put the fleas (balls) on the parachute and challenge players to try to get the fleas to jump higher and higher.

The fleas are successfully taken care of at the end of the game— when they land outside the parachute!

29. POM POMS

Put various sized pompoms on the top of the parachute and try to get them into the middle pocket.

Variety: form teams with different colours of pom-poms and challenge them to see which team can get the most of their colour into the middle pocket in an allotted time.

30. SNAKES (OR WORMS)

Place four to six skipping ropes on the chute. By shaking the chute, the children try to shake them off.

31. THUNDERSTORM

1. Start off on the floor with all children sitting calmly and grasping the parachute-this is a gentle breeze.
2. Pretend that it starts raining. As it rains have the children stand.
3. Oh-oh...the rain is now turning into a THUNDERSTORM!

All children start shaking the chute as hard as they can to simulate the storm.

PARACHUTE PLAY AND SAFETY...

Always be sure to check the ground underneath the chute for any trip hazards.



Have the children remove their shoes before

approaching the parachute. Outdoors, dry grass is the best play surface. Wet grass can be slippery. Space children and adults evenly around the edge of the chute.

When playing games that the parachute lands on top of the players, do not allow others to pin the parachute on top of another player.

If the parachute has a hole in the middle, please ensure that the children know it is dangerous to place their head through the centre.

Have the children hold the parachute with both hands at all times.

Don't allow the children to remove their hands in order to hit balls.

Before play review parachute rules. Remind children to play safely– to listen to instructions– and not bump heads or run into each other.

When facilitating play, a second adult is helpful in fielding children and balls, etc.

Use of the parachute is at hirers risk, Frome Eco Party Kits does not take any responsibility for injury or accident when hired from them.

STORAGE OF THE CHUTE...

A parachute is best stored by taking hold of the centre in one hand and then twisting the chute loosely into a rope. Roll it up and stuff it into a bag/sack.