



PARACHUTE GAMES

See-Saw Pull: From a sitting position, have children pull the parachute back and forth in a cooperative see-saw motion.

Mushroom: Standing, lift the parachute waist height. Count to three - with "one" and "two" being small practice lifts. On three, all lift the chute overhead, and crouch down pulling the parachute edges down as well. This creates what looks like a "mushroom."

The Wave: Girls put their hands up, one after another, in order – creating a synchronized "wave".

Beach Ball Fun: Use a beach ball, moving it with waves or having it pop around on the parachute.

All Change: Assign each girl an owl name (Brown Owl, Snowy Owl, Tawny Owl) to divide into groups. Then randomly call out an owl and have girls lift the parachute up. Named girls must swap places under the chute before it falls, by running to an empty space.