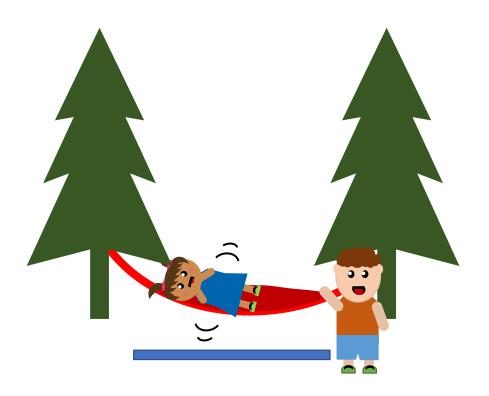


# **PLAY IN A HAMMOCK**



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# Objective

In Play in a Hammock, the children practise cooperation skills, and their tactile and vestibular senses are stimulated.

#### Equipment

Hammocks

## Instructions

- 1. Put up one or more hammocks making sure the ground surface is shock absorbing.
- 2. One or more children crawl into the hammock.
- 3. A child or adult swings the children.

## Variation

• The children use the hammock as a swing. Remember that the hammock must be low enough for the children to get in and out themselves.