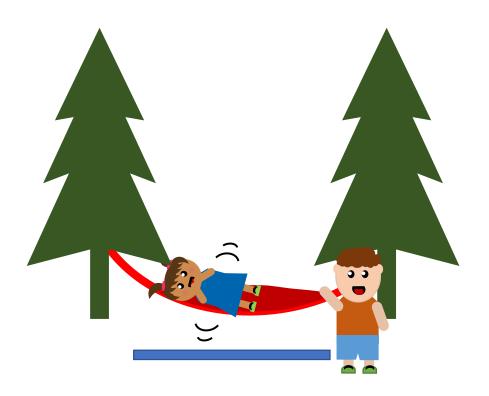


PLAY IN A HAMMOCK



PLAY IN A HAMMOCK

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.