

Break up
your day
with

Parachute Play!

Use any flat bedsheet.
Spread it out on the floor.
Everyone picks up a corner.
Then you sing, dance & shake.
That's it!



The sheet used in the video is king-sized, but a smaller one would work, too.

[Click here to see the video that accompanies this activity packet!](#)

The Elevator Song

To the tune of "Do your ears hang low?"

Oh, the city is great
And the city is grand
There are lots of tall buildings
On a little piece of land
And we live way up
On the 57th floor
And this is what we do
When we go out the door...

Take the elevator up
Take the elevator down
Take the elevator up
Take the elevator down
Take the elevator up
Take the elevator down
Then we jump around!

Popcorn Kernels

To the tune of "Frere Jacques"

Popcorn kernels, popcorn kernels

In the pot, in the pot

Shake them, shake them, shake them

Shake them, shake them, shake them

Till they POP! Till they POP!

Use cotton balls, ping pong balls, or whatever kinds of balls you have on hand to "pop" like popcorn!

Come Under My Umbrella

To the tune of "The More We Get Together"

Come under my umbrella, umbrella, umbrella

Come under my umbrella, it's starting to rain

With thunder and lightning

And lightning and thunder

Come under my umbrella, it's starting to rain

Build Challenge

Put some blocks under the chute.

See what your child can build while you raise and lower the chute for a count of 5 or 10!

Motorboat

Give your child a fun ride on a motorboat (or riff on the rhyme to personalize it for your kid's passions!)

Motorboat, motorboat

Go so slow

Motorboat, motorboat

Go so fast

Motorboat, motorboat

Run out of gas!

Have a Ball!

Throw a ball on the parachute and try to pass it to other people using the parachute to move it.

How long can you keep it on the chute?