

## PARACHUTE ACTIVITY – SMALL GROUP

Supplies needed:     Nylon Parachute  
                              Balls, Music and more...

Arrange residents in a circle. Each resident takes a handle or holds onto the edge of the large parachute. This is a great way to sneak in some upper body exercise. See below suggestions for more ideas on how to use the parachute:

**POPCORN:** Put a selection of yellow and white balloons on the parachute and shake it like popcorn!

**ROLL A BALL:** Put a low inflatable ball on the parachute. Residents try to roll it around the circle without dropping it onto the floor.

**KNOCK OFF:** Have two different teams with their own color of balls or balloons. Each resident tries to knock off the other team's colored ball or balloons. 3 drops and your team loses.

**SHAKE THE RUG:** Residents are gently shaking the parachute. Team leader talks about various housework tasks. When the leader states SHAKE THE RUG, the residents shake the parachute extra hard and a bit higher and lower than usual.

**JINGLE BELLS:** Place Jingle Bells into balloons. Blow up balloons by mouth. This adds an additional element to your regular parachute activity.

**WEATHER REPORT:** Have residents move the parachute to your made-up weather report.  
There will be gail force winds in the Atlantic Ocean

In Bora Bora there is a gentle breeze blowing

Hurricane winds blowing into the Gulf

**WAVES:** Talk about the ocean and the waves. Have residents demonstrate large waves, gentle waves, a surfing wave, low tide, high tide...etc. Circle waves begin with one person and continue to that person's right going one person at a time.