

# Newspaper Activity for Preschoolers

Start by placing a newspaper (folded in half) in front of the child. Explain to the child that the newspaper is their house. Say the following directions to them:

1. Step onto your house.
2. Jump off your house with 2 feet.
3. Jump over your house.
4. March around your house.
5. Gallop around your house.
6. Make a bridge over your house.
7. Hold the paper over your head and shake it. Listen to the rain!
8. Hold it behind your back and let it fly like you are wearing a cape.
9. Put the paper on your chest, lift your chin so it is not touching the paper. Now put your arms out to the side and run! Did the paper stay "glued" to your chest?!
10. Scrunch the paper into a ball.
11. Toss the newspaper ball into the air and catch it.
12. Toss it up in the air and clap before you catch it.
13. Toss and catch with someone else.
14. Now put the newspaper on the ground. Soccer dribble the ball (little kicks) to the trash can.
15. Lastly, toss it into the trash!