

Name of activity: Blow a Cotton Ball

Purpose / Key words: visual motor, eye tracking, eye teaming, oral motor

Age range: K - grade 2 and grades 3-5

Materials

- Straw
- Cotton ball
- Target; this can be just about anything!
- Table



Instructions

1. Gather your materials and set up the activity.
This activity will be performed on a table. Choose something to be your target and place it at one end of the table. Your target could be anything you choose, such as a water bottle, or even a piece of tape on the table indicating your “finish line”.
2. Stand at the other end of the table (the side without the target). Place the cotton ball down on the table. Instruct the child to blow the cotton ball across the table using a straw, until the child reaches the target. Instruct the child to keep their eyes on the cotton ball throughout the activity.

Activity Modification

- **To simplify**
 - Have the child blow the cotton ball by just using their mouth
- **To make more challenging**
 - Have the child blow heavier weighted objects across the table, such as a mini marshmallow
 - Place a long piece of painter’s tape on the table. Have the child try to keep their cotton ball on the tape while they blow it across the table. As an added challenge, make a more difficult path out of painter’s tape for the child to navigate when blowing their cotton ball, such as a zig-zag pattern.
 - Complete the activity on the floor. Have the child lay prone (on their stomach) and blow the cotton ball toward a target for additional core strengthening.