

# PARACHUTE



# GAMES

- **ALL CHANGE** - All the children round the outside of the parachute. While the parachute is lifted some of the children change places. This can be done various ways - give children numbers, colours, animals or call out birthday months.
- **CAT AND MOUSE** - One child underneath the parachute is the mouse and one on top is the cat. The rest of the children are round the outside shaking the parachute at a low level. The cat has to catch the mouse. A variation of this is **DOG, CAT AND MOUSE** and uses 2 parachutes. The mouse is under the bottom one, the cat is in between and the dog is on the top one. As **CAT AND MOUSE** but the dog is also trying to catch the cat.
- **ROCKET** - All the children stand around the outside of the parachute. A ball is placed in the middle of the parachute. On the count of 3 the children lift the parachute and try and send the rocket as high as possible and then try to catch it again on the parachute.



- **MEXICAN WAVE** - All the children around the edge of the parachute holding it at waist height. They take it in turns to raise and lower their arms in order to create a Mexican wave. This can be made harder by placing a ball on the parachute near the edge and the children have to move so that they keep the ball moving around the outside of the parachute without it falling off. Make it even harder by getting them to try and change the direction of the ball or slow it down then speed it up.
- **MERRYGROUND** - All the children around the outside of the parachute holding edge. The children stand still but pass the parachute as if hauling a rope, to make the parachute go round. An alternative is to have them hold the edge with one hand and then hop, skip or jump around to make the "merryground". This version is easier for smaller children as they are moving with the parachute.
- **GRURGLE** - All the children around the outside of the parachute with 3-4 small balls (tennis balls are ideal) on the top. Children have to move the parachute to pass the balls from one side to the other without them gurgling down the plughole (the hole in the middle of the parachute!).
- **GRAND OLD DUKE OF YORK** - All children around the outside of the parachute singing the nursery rhyme and acting it out with the parachute eg "when they are up" - children lift the parachute as high as possible.
- **POPCORN** - All children around the outside of the parachute. Either bean bags or small balls on top. The children have to shake and move the parachute until the popcorn (balls or bean bags) have been shaken off. This can be made into a team game by putting 2 sets of different coloured bean bags or balls on and splitting the children into two teams and timing them. If using this game outside it is best to use bean bags as they don't travel as far!!



- **BOUNCE OFF** - Children split into two teams around each side of the parachute. 2-3 foam or medium sized balls on top. One person from each team underneath the trampoline trying to hit the balls off the parachute from underneath. Each team try to stop the ball going off their side by moving the parachute.
- **WASHING MACHINE** - Half of the group sitting under the parachute (the washing), the other half round the outside (the machine). The washing is turned - children with parachute move in a circle. Powder is added - parachute is shaken. Washing goes one way - children with parachute run round circle one way - then change direction. Washing is rinsed and spun again - children running with parachute again. Then shaken dry - shake! This can be made up as go along!!!!
- **SHARKS** - Children sit down around outside of the parachute with legs outstretched underneath the parachute. One or two children are sharks and are underneath the parachute. They look for prey and pull (gently!) on someone's legs to pull them under. They then lie with eyes closed. Continue until all been eaten by sharks! A variation of this is to have two lifeguards who are outside the circle and try to rescue the people who are being attacked by sharks by pulling their arms. This needs to be carefully monitored or the person will be stretched!!
- **MUSHROOM / TENT** - Children all round the outside of the parachute, shaking the parachute. On the count of 3 the children lift the parachute right up creating a mushroom. If this a game at the end of the session the children can let go of the parachute. Otherwise they can pull it back over heads and sit down on the edge creating a tent. Stories, Chinese whisper, or other games can be played inside the tent!

