



Cotton Catch

What We Are Building

Acceptance of limits and deeper connection through playfulness and eye contact.

Materials We Need

A cotton ball
and a scarf or towel if desired!

Instructions

- ▶ The pair sits across from each other, knee to knee.
- ▶ Big Frog holds a cotton ball in cupped hands and starts by blowing it into Little Frog's cupped hands.
- ▶ Little Frog catches the cotton ball and blows it back into Big Frog's cupped hands.
- ▶ The team keeps going back and forth, with the goal of not dropping it. It takes a lot of concentration and practice! They pay close attention to each other and the amount of air it takes to move the cotton ball.
- ▶ Counting out loud every time the cotton ball is caught, they try to get a higher and higher number each time they play!

FUN TWIST: A scarf or small towel can be held by Big Frog on one end and Little Frog on the other, and the cotton ball can be blown back and forth!

