

Parachute

Take this sheet into the workshop as a useful reminder of the aims and activities

ACTIVITY	ACTIONS	NOTES
Exploring the parachute	<ul style="list-style-type: none"> For those who can, ask them to hold the edge of the parachute Encourage people to look at the colours on the parachute and to greet the people opposite and next to them 	Use the parachute as a calming final activity to bring the group back together at the end of the session
Exploring the parachute	<ul style="list-style-type: none"> Start by lifting and lowering the parachute as a group. It may take a few attempts to get this action coordinated but it's lots of fun Ask the group to make waves by rippling the parachute, try creating faster, slower or more turbulent waves to create different levels of energy in the room 	The parachute is great for waking up the arms and the shoulder muscles
Making it easier - working with the group	<ul style="list-style-type: none"> Ensure that those who might find it hard to grip the edges are supported to hold the parachute so that they can fully participate 	This activity is great for connecting the group and getting everyone involved regardless of their ability
Working with the group	<ul style="list-style-type: none"> Add a beach ball to the activity - roll the ball around the parachute in a circular motion Ask someone from the group to pick a colour, then work as a group to try and stop the beach ball on the chosen colour Ask someone else to pick another colour and try to stop the ball on the new colour 	Encourages team work and collaboration and generates lots of smiles and laughter
Let's make it more challenging	<ul style="list-style-type: none"> To make it more challenging add a second or third beach ball Pick different colours to stop the balls on, or pick the same colour You can also replace the beach ball with juggling balls for more of a challenge 	
Let's make it more challenging	<ul style="list-style-type: none"> For those who can, ask them to hold the parachute at a lower level and then lift their knees or feet up so they can make a dent in the fabric. 	This gets the lower body involved in the activity by moving the legs and feet
Let's make it more challenging	<ul style="list-style-type: none"> When the activity is over, encourage people to let go of the parachute and gently collect it, thanking each person with a smile For a more dramatic end you can also try asking everyone to release the parachute into the centre of the circle on the count of three! 	We hope the parachute activities will be a big hit in your care setting!

