

## Objective

By the end of this lesson, Agnes and Ryla will explore the concept of throwing objects while developing their motor skills and hand-eye coordination. They will also have fun engaging with different objects and learning through play!

## Materials and Prep

- Various soft objects (like plush toys, balls, or crumpled paper)
- A safe space for throwing (like a soft carpet or grassy area)
- Comfortable clothing for active play

Before starting the lesson, ensure the area is clear of any breakable items and that the objects chosen are safe for throwing.

## Activities

- **Object Toss:** Set up a small target area (like a box or basket) and encourage Agnes and Ryla to throw soft objects into it. Cheer them on as they try!
- **Rolling Race:** Sit a few feet apart and roll a soft ball back and forth. This will help them understand the concept of throwing and catching.
- **Throw and Catch:** Stand close to each other and take turns throwing a soft object gently back and forth. Celebrate each successful catch!
- **Follow the Leader:** Take turns being the leader and show different ways to throw objects (overhand, underhand, etc.). The other can mimic the actions!

## Talking Points

- "Look, we can throw this soft toy! Can you throw it to me?"
- "Great job! You caught it! Let's throw it back!"
- "Wow! You threw it so far! Let's see if we can make it in the box!"
- "Can you roll the ball to me? Rolling is fun too!"
- "You are such a good thrower! Let's try to throw it higher!"