

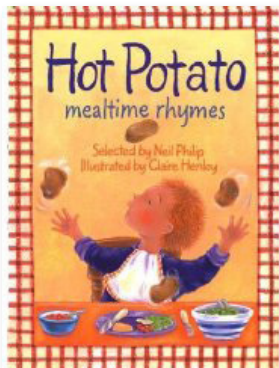
# Hot potato

## Let's play and talk together

- ❖ Blow up some balloons for you and your child to play with.
- ❖ Show your child how to keep the balloon in the air by tapping it up.
- ❖ Talk about different ways to tap the balloon with your body so it stays up in the air.
- ❖ Try using one hand, the other hand and then both hands.
- ❖ Try other ways of hitting the balloon, e.g. soft, hard, high, low.



## A good read-together book



**Hot Potato: Mealtime Rhymes**  
by Neil Philip

You will need some balloons filled with air.

This activity is good for developing movement skills such as eye-hand coordination, and for naming and using different body parts.

## Hints for success

- ❖ Participate with your child.
- ❖ Talk about what you are doing as you try different parts of your body.

Look! I can bounce it  
with my elbow!

Let's see if we can  
keep it off the ground  
for five taps.

**Ways to say it**

# More ideas for Hot potato

## Try this way

- ❖ Use a paddle bat to tap the balloon up.
- ❖ Work in pairs to tap the balloon back and forth.
- ❖ Say the rhyme, **One Potato, Two Potato**, while you bounce the balloon.

## Healthy eating

Show the children several kinds of potatoes. Talk about how they are different and how they are the same. Look at the colours on the outside and on the inside.

Make some oven-baked potato wedges and eat them.

## Let's make—a paddle bat

### What you need

Two knee-high stockings, some masking tape or duct tape and a metal coat hanger.

### How to

1. Bend the coat hanger into a diamond or circular shape.
2. Squash the hanger hook closed a little to make a handle.
3. Insert the hanger into the stocking.
4. Pull the stocking tight around the hanger.
5. Tape the stocking onto the hanger just above the handle.
6. Put tape around the bottom to make a handle.



## One Potato, Two Potato...

One potato,  
Two potato,  
Three potato, Four,  
Five potatoes,  
Six potatoes,  
Seven potatoes. More!

Author unknown

## Safety tip

Use a stocking to cover the balloon so that children cannot choke or swallow the pieces. Before you blow up the balloon, cover it with a knee high stocking so that both openings are at the same end. Blow up and tie off the balloon inside the stocking. Tie off the stocking and cut off the extra fabric.