

## Milk Jug Toss

A yarn pom-pom is attached to a milk jug with yarn or string. Then the pom-pom is tossed up and caught in the jug. Simple fun!

### Materials:

- gallon milk jug
- yarn
- yarn pom-pom
- scissors
- colorful duct tape – optional



### Procedure:

- Cut the bottom off of the jug
- Cover it with tape if you like. It gives it a bit of support and is pretty.
- Make a yarn pom-pom
- Run yarn or string through the top to the bottom and tie, leaving a length of yarn to create ‘the toss.’



The length of yarn you use depends upon how tall your child is. You swing the pom-pom up and catch it in the milk jug. Use your imagination a bit and you will get the gist of it.

If you need directions for making a yarn pom pom you can [check out this YouTube tutorial](#).



Families love this activity. It gets kids moving. They love playing ball in the house in the winter. Parents & teachers love it because the ball is tethered and not flying through a room.

Here is a wiffle ball version:

