

TETHER BALL©



Encourage the resident to hit the ball back and forth to an alert resident, staff, or family member trying to keep the ball from hitting the ground. Also may hang the ball from the ceiling and encourage the resident to hit the ball from side to side and back and forth while standing or sitting. This item is useful to use with individuals of all functioning levels. This item seems to decrease agitation and boredom and provides an opportunity for exercise, R.O.M., and socialization.

Cues for this action: “Here is a ball that is soft and fun to play with.” *Demonstrate* -Hit the ball in the air first with your right hand, then with your left hand, and then using both hands. If hanging the ball from the ceiling, hit the ball side to side and back and forth with one and then with both hands. *Return the ball to the resident and cue* - “Now you try to hit the ball”

Promotes:

1. Visual tracking.
2. Reaching and range of motion of the upper extremities.
3. Opportunities to play with other in a repetitive activity.
4. Self-activity in a small group.

Discussion Ideas:

What kind of childhood games did you play?

Did you enjoy sports?

Did you ever play volleyball?

Need:

- Scraps of fabric. Any kind will do -- because the pieces are cut on a bias, you do not have to use knit fabrics (although velour, or fleecy materials feel nice.) You can mix types of fabric. Pieces can have different thickness and stretchiness. Each of the six segments requires a piece of fabric 13” x 13”.
- Short shoelace or piece of strong string, yarn, or narrow ribbon about 12” long. If you are not using a shoelace with a hard tip, have a safety pin you can use to guide the string inside the casing.
- 1 regular (don’t need heavy duty) round 1 1”-12” balloon, or a round 16” balloon will work too.

Instructions:

Cut out the two pattern halves. Tape the two parts of the pattern together, matching A's and B's to make a full ball-segment pattern.

1/2" seam allowance is included in the pattern.

Using the pattern cut out six pieces of fabric, all identical in size. The arrow on the pattern indicates grain.

Pin two segments together and sew along the entire length. Add a third segment and sew it to the first two. These three segments form a half-ball.

Sew the other three pieces together. You now have two half-balls.

Sew the two halves together along one edge. Trim the top 2" of the seams as shown.

Turn the hem over, pin and sew the length of the hem. This forms the casing for the draw-string.

Sew the final long side of the two halves, leaving the top 1/4" open for threading the draw-string, as shown. Reinforce your stitching, at the top end of your seam.

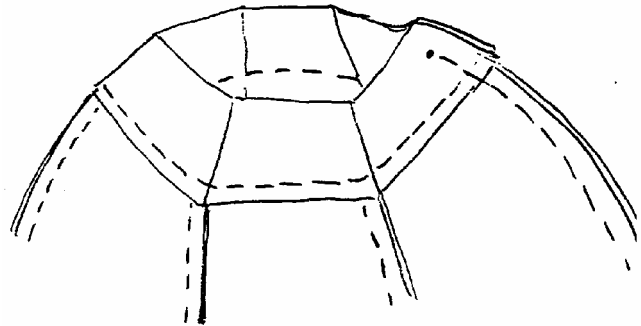
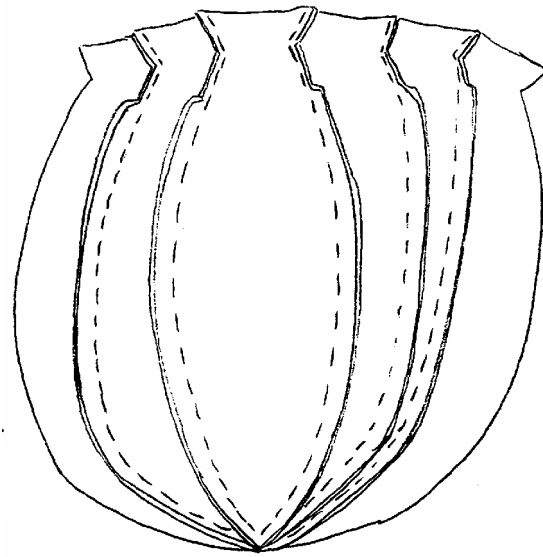
Thread a shoelace, or piece of string or yarn through the casing. If you use yarn or string, tie one end to a closed safety pin. The safety pin gives a firm tip to help you thread the string through the neck of the balloon ball fabric.

Turn the ball right side out.

Pull the string so that the neck hole is about 3/4" across. Tie with a knot and a bow.

Holding onto the neck of the balloon, insert the uninflated balloon in the ball. Inflate the balloon, gently distributing the fabric uniformly around the balloon as the ball begins to get taut.

Blow up the balloon until the ball is stretched tight. Tie a knot in the balloon. Tuck the balloon neck into the neck opening of the ball.



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