

## 8 Umbrella Therapy Ideas



### Supplies Needed:

- \* 2 umbrellas
- \* Tongs/Cardboard paddles
- \* Fuzz Balls, marbles, cotton, balls, ball pit balls, balloons, etc.
- \* Foam letters
- \* Flashlight
- \* Small water balloons (with or without water)
- \* Large Balloons (for keeping airborne with opened umbrella)
- \* Squirt Water Bottle

### Activities:

1. Tong up the items [fuzz balls, marbles, cotton balls, etc.] after they are placed into an opened umbrella. You can use 2 umbrellas and transfer items from one umbrella to the other.
2. Spin opened upside down umbrella until small balloons etc. fly out.
3. Spin opened right side up umbrella- watch water spin off it.(use squirt bottle to spray water on top of the umbrella)
4. Open and close umbrella.
5. Use a flashlight to make letters or shapes on the other side of the umbrella and see if client can guess what they are.
6. Take turns pulling out a foam letter from the upsidedown opened umbrella. You can write it or say it's sound.
7. Use opened umbrellas to keep balloons airborne instead of hands.
8. Move balloon from one point to another using the opened umbrella instead of your hands.