



Pollen Pockets

Make four to six pollen pockets using four-ounce paper cups and six-inch strips of elastic a half inch wide. Punch two holes (one inch apart) near the rim of each cup. Thread the elastic through the holes. Have children tie one pollen pocket to each leg. Ask them to carry pollen (confetti, sand, or Styrofoam bits) from place to place with as few spills as possible. As children become more adept at moving without losing "pollen", introduce new challenges such as having them crawl over or under something.

Grades K-2