

Makers of Imaginary Worlds & Turned on Its Head

# MAKE A SENSORY BALL FOR MOVEMENT PLAY



Discover the secret to crafting a cozy, up-cycled jumper cover for your exercise ball, transforming indoor and outdoor play adventures with your little one!

# Getting Started

## Introduction

The sensory ball is versatile and can be used both indoors and outdoors. The guide showcases the use of an extra-large upcycled jumper and a 65 cm exercise ball. This ball is specifically created to encourage active play among children, with a handle to assist younger ones in holding and maneuvering larger balls. Additional sensory and tactile elements can be added to the ball to enhance playtime.

## Tools and Materials



Ball



xx large jumper



extra materials  
(optional)



Embroidery Thread  
Needle



String, or ribbon  
or lace



Scissors



Safety Pin



Pump

## Step 1: Inflate the ball

Inflate the exercise ball and fit the jumper over the ball. If it's too small you may need another jumper or any other material to cover the entire ball. Knitted hats, jumper sleeves and scarves are great option.





## Step 2: Cut off the two jumper sleeves



Lay the jumper flat & place a ruler on the left sleeve, as in picture above. Cut the sleeve along the outside edge of the ruler. Repeat on the right sleeve.

Jumper with the sleeves cut off

## Step 3: Stitch the sleeve holes



Turn the jumper inside out and sew along edge, where the sleeves were cut off. This can be sewn by hand using embroidery thread or a sewing machine.

After sewing along both sleeves, turn the jumper the right way round. Pull it over the ball, with the neck of the jumper at the bottom of the ball, where the plug is.

## Step 4: Enclose the bottom of the jumper with a drawstring



Make a small slit in the inside neck seam of the jumper for the drawstring. If the neck line does not have a seam, then fold it over and sew a straight stitch all the way around, leaving a gap for the drawstring.

Attach a safety pin on the end of your shoe lace or ribbon. Push this through the gap and all around neck of the jumper.

Once the lace is threaded, pull and tie a bow to enclose the bottom of the ball. Leave enough material for when the drawstring is open.



## Step 5: Enclose the bottom of the jumper



Turn the ball over to the top and sew a running stitch around 4cm from the bottom of the jumper leaving 10cm excess.



Sew around the bottom.



Pull the threads on both ends to draw in the bottom of the jumper and knot. Cut off any excess thread.

## Step 6: Sewing the handle on topside



Use one of the sleeves you have already cut off for the stalk. Place it over the top of the ball.



This example uses a different colour jumper sleeve for the top of the ball, but you can use the same colour.



Place the sleeve you are using flat and cut 5cm slits at 5 to 6 cm intervals along the bottom.

## Step 6: Sewing the handle con't



Place the jumper sleeve on the top of the ball. Pull the slits all around the top of the ball.



Cut the corners of the slits to make a pointy end, or any desired shapes.



Attach the sleeve to the ball by sewing around the edge of the sleeve.



## Step 7: Using the remaining pieces of the jumper



Look around the ball.  
You may find loose areas  
- depending on the style  
and size of the jumper  
you are using.



Sew the excess areas into  
a bobble shape, or leave  
as desired.



Be creative and use the rest of  
the jumper pieces in anyway  
you like. In this example, one  
of the sleeves was put into the  
other and sewn together.

## Finished magical ball!







# IDEAS FOR PLAY

From our SSBC (Small Steps Big Changes) Families

- Rolling up and down hills
- Balancing and bouncing on top: tummy down, tummy up, whilst sitting on top
- Swinging round in circle
- Squashing
- Drumming with hands, feet.
- Lifting, holding, dropping, repeat!
- Holding the 'stalk', sit on top and bounce to move



When participating in any exercise or physical activity indoors or outdoors there is a possibility of physical injury, and choosing to engage in activity with a rolling, bouncing ball is done so at your own risk. If the activity seems too rigorous for you and/or your child, please take a break. We recommend that you use a soft surface for ball play and always supervise your child whilst playing together.



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