

Paper Plate Tennis

Materials

- Paper plates (the sturdier the better!)
- Popsicle sticks
- Duct or packing tape
- Colorful markers
- Balloon (to use as ball)



Instructions

1. Flip the plate upside down so the bottom of the plate is facing up.
2. Color the paper plate "rackets".
3. Duct tape the popsicle sticks to the top of the plate (the side you eat off of).
4. Blow up the balloon.
5. Have fun!

Learn more about the NC Summer Nutrition Program & find more enrichment activities at [SummerMeals4NCKids.org](https://www.SummerMeals4NCKids.org)!

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