

Name of Activity	Age	Locomotor	Non-locomotor	Manipulative	Movement Concepts	Curricular Concepts
Going on a Bike Ride	Birth-3 months		■		Body awareness	Language & literacy
Tummy Time	Birth-12 months		■		Body awareness	Language & literacy
Sledding Adventure	6 weeks-5 months	■		■	Body awareness	Language & literacy
Kick like Leap the Rabbit	1+ months		■		Body awareness	Language & literacy
Dart's Flip-Flop	1+ months		■	■	Body awareness	Language & literacy
Trunk Lift	2+ months		■		Body awareness	Language & literacy
Swat Team	2-4 months		■	■	Body awareness, relationship awareness	Language & literacy
Rock and Roll	3+ months		■		Body awareness, relationship awareness	Language & literacy
Having a Ball	3-6 months		■		Body awareness, relationship awareness	Language & literacy
Dart's Water Kicks	3-6 months		■	■	Body awareness	Language & literacy
Sensory Bottles	4+ months		■	■		Language & literacy
Give Blue a Hand	4-7 months	■	■		Body awareness	Language & literacy
Flying like Glide	4 months-1 year		■		Body awareness	Language & literacy
Row, Row, Row Your Boat	5-10 months		■		Body awareness, spatial awareness	Language & literacy
Pat-a-Cake	6+ months		■		Body awareness	Language & literacy, social interaction
Swing's Sway	8+ months		■		Body awareness, spatial awareness	Language & literacy
Arts and Crafts	8+ months			■		Cause & effect
Crawl like Blue the Caring Cub	9+ months	■			Body awareness, spatial awareness, relationship awareness	Language & literacy
Cruise-in	9+ months	■	■		Body awareness, spatial awareness	Language & literacy
Tunnel Crawl	9-12 months	■			Spatial awareness, relationship awareness	Language & literacy
Doing the Bounce	10+ months		■		Body awareness	Language & literacy
Mountain Climbing	10+ months	■	■		Body awareness, relationship awareness	Language & literacy
Stepping Out	10+ months	■	■		Body awareness, spatial awareness	Language & literacy
I'm Right Behind You	10+ months	■			Body awareness, spatial awareness	Language & literacy

Physical Development of Infants

Infants (birth-1 year) grow and develop quickly during their first year, gaining control over their heads and torsos, learning to roll over, reach, sit up; then moving around by cruising, creeping, and crawling to explore their environments; and ultimately beginning to walk, first with assistance and then on their own. When they are very young, it is important to give them plenty of tummy time to develop strength in their necks, arms, and chests. Later, infants can be encouraged to move and be active by stimulating them with your voice, attractive toys, and changes in environment such as exposing them to nature. This program will give you ideas about the kinds of physical activities infants can participate in.

Equipment and Loose Parts List

Baby bathtub or basin
 Blanket
 Bottles (filled with rice, beans, bells, etc.)
 Large mobility ball
 Newspaper or other paper
 Rattle
 String
 Music

Going on a Bike Ride

BE ACTIVE KIDS®

Equipment:

None

Instructions:

This activity focuses on gross motor skills through leg cycling motion.

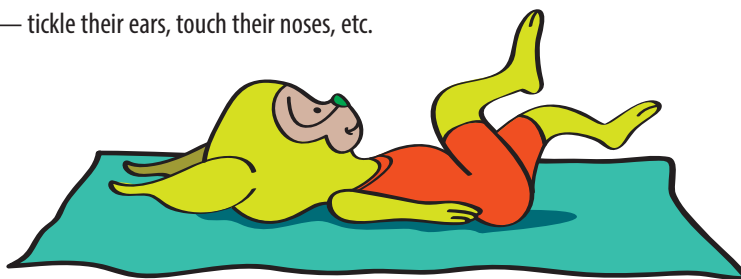
- With infants lying on their backs on the floor, grasp them gently by each ankle and move their legs slowly in a circle, as if they were riding a bicycle.
- Exaggerate the movement slightly, bringing their knees up close to their chests and stretching each leg out straight on the “down” side.

Tips:

- Hold your face close to the infant’s, and speak to him/her softly about what you are doing: *“Here is your left leg turning. Now your right.” “Here it goes up, up, up ... and back down again.”*
- Each baby develops at a different pace, so if any of the babies in your care are not quite ready for this activity, do not worry — just try again in a few weeks.

Alternatives/Adaptations:

- Vary the rhythm of the cycles, alternately speeding up and slowing down. The motion strengthens the legs and abdomen, and your voice perks up the baby’s hearing. Teach them the cancan: Raise their knees up and give each leg a high kick.
- You can also add arm movements: Move them out to the side, and then raise them up above their heads. (This could be thought of as “the frog.”) Finally, do not forget the disco fun of “Y-M-C-A” — babies especially love the exuberance of the arms-in-the-air “Y.”
- You can also start to teach the names of body parts — tickle their ears, touch their noses, etc.
- Try these activities in an outdoor learning center.



CUE WORDS

- Left, right
- Up, down

MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative		
—	Muscle development strength	—	Body awareness	Language & literacy (body parts)

Tummy Time

BE ACTIVE KIDS®

Equipment:

Supports if needed, blanket for floor, toys, books

Instructions:

To help infants develop the muscles in their back, neck, and trunk

- Place infants on their tummies on the floor with attractive toys or face-to-face with a caregiver.

Tips:

- Avoid small toys like rattles that the baby can simply pick up, roll over with, and put in their mouth, effectively ending tummy time.
- Use toys that make noise, sparkle, move, etc. to encourage movement.
- Don't forget natural or homemade elements such as colored water in a water bottle with glitter or small toy animals.

Alternatives/Adaptations:

- Place the babies in front of a low mirror to keep them engaged.
- Place two babies face-to-face in tummy time.
- Place baby face-down across your lap for burping or soothing, keeping a hand on the baby's bottom to steady and soothe him/her.
- For young babies, try tummy-to-tummy with the caregiver lying down, propped up on pillows, and the baby on the caregiver's chest or tummy. Hold the baby firmly for safety.
- To support a baby who lacks upper body strength you can place a rolled blanket under his/her chest and behind the elbows. Assist young infants by using your hand to gently push their bottoms back and down to counterbalance the weight of their heads.
- Try different tummy time textures such as grass. Spend time in your outdoor learning environment. This should stimulate and fascinate your infant.

CUE WORDS

- Tummy
- Look



MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative		
—	Muscle development strength	—	Body awareness	Language & literacy (body parts)

Sledding Adventure

BE ACTIVE KIDS®

INFANTS
6 weeks-5 months

Equipment:

Baby-size piece of thick cardboard or small blanket

Instructions:

Swing the Monkey loves to go sledding in the winter but we can have fun sledding every day while giving children a sense of forward motion.

- This activity works best on a carpet or rug but can be enjoyed (carefully) on a linoleum or wood floor.
- Lay the cardboard or blanket down on the rug or floor and position the baby tummy down on top of it, with the baby's arms out in front of him/her or to the sides.
- Gently slide the cardboard or blanket forward and back, to give the baby the sensation of crawling forward.

Tips:

- Crawling may be many months away, but playing movement games can ready babies for forward motion. Do not pull too quickly or tilt them up too far because that can be startling.
- This activity also encourages reaching and grasping.

Alternatives/Adaptations:

- If infants are not yet able to hold their heads up for this activity, just lay them on their tummies. In several months, babies will begin using their arms to propel themselves forward, helping them develop the coordination they will need to creep and crawl.
- Place a toy a few feet away and cheer, "Go, baby, go."

CUE WORDS

- Forward
- Backward

MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness	Language & literacy
Preparation for crawling	—	Reaching, grasping		

Kick like Leap the Rabbit

BE ACTIVE KIDS®

Equipment:

None

Instructions:

This activity stimulates leg movements.

- Stimulate leg thrusts by laying the infants on their backs on your lap or on the floor on a blanket.
- Hold the infant's feet and push them toward the body so knees are flexed, legs are bent, and heels are close to their bottoms.
- Let them push back against your hands. Talk to them about what you are doing.

Tips:

- You can tickle the bottom of the baby's foot to help stimulate leg movement

Alternatives/Adaptations:

- Move legs one at a time. As the baby gets older you can encourage him/her to kick at your hands or kick at other toys.
- If the babies do not push back, you can pull back on their feet to get them used to the motion.
- Play pat-a-cake with feet. Clap an infant's feet together with your hands and see if the child can imitate this clapping movement.
- Try these activities in your outdoor learning environment.

CUE WORDS

- Kick
- Push

MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness	Language & literacy
—	Muscle development strength	—		

Dart's Flip Flop

BE ACTIVE KIDS®

Equipment:

Rattle, blanket for the floor

Instructions:

This activity focuses on turning and grasping, which can stimulate rolling motions.

- Position baby on his/her side with legs bent to maintain balance.
- Shake a rattle or other noise-making toy behind the baby to encourage him/her to roll over and grasp the rattle.
- Talk to the baby and encourage him/her to roll over.

Tips:

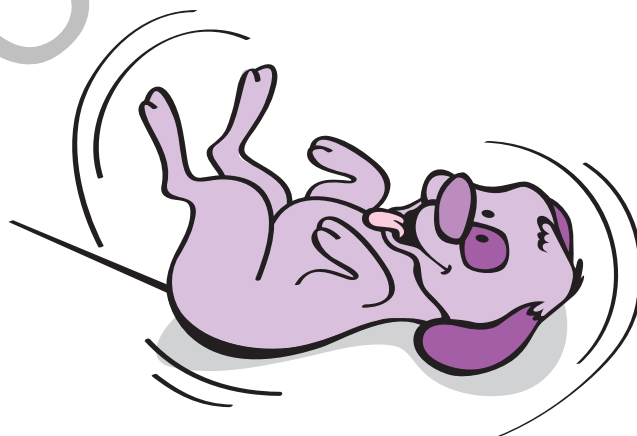
- Caregiver is positioned behind the baby.
- Sometimes physical touch to the baby's back will help encourage movement.

Alternatives/Adaptations:

- Use stuffed animals or toys to attract attention.
- Have the infant work on turning from either side. You may need to assist by helping with leg movement.
- The infant's body should follow the head movement.
- Try these activities outdoors.

CUE WORDS

- Roll
- Turn
- Grasp



MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness	Language & literacy
—	Turning	Grasping		

Trunk Lift

BE ACTIVE KIDS®

Equipment:

Rattle, blanket for the floor

Instructions:

This activity focuses on developing strength in neck and chest.

- Position the baby on his/her stomach with head turned to the side and arms resting out to the side.
- Attract the infant's attention by shaking a rattle or other noise-makers near the floor and move it above the head to encourage the baby to lift his/her head and trunk.

Tips:

- Get close to the baby and provide encouragement by saying positive words.

Alternatives/Adaptations:

- Hang pictures of animals on the walls. Point to them and say their names as baby looks and turns.
- Have the infant work on turning from either side.
- Create a colorful mobile using red, white, and black along with shiny objects or natural elements to stimulate interest.
- Try this activity in your outdoor space — nature sounds, wind, and movement of trees and animals are great ways to stimulate trunk movement.

CUE WORDS

- Look
- Lift

MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness	Language & literacy (vocabulary)
—	Muscle development strength, stretching, twisting, turning	—		

Equipment:

String and simple, light objects (plastic measuring spoons, rattle, piece of aluminum foil, a ball of wool)

Instructions:

Join Blue and the rest of the Be Active Clubhouse gang as they become the swat team. This activity develops hand-eye coordination.

- Use heavy string, such as fishing line or dental floss, to hang a rattle, a ball of wool, or a set of plastic measuring spoons (anything that is eye-catching or makes noise) just within swatting distance.
- Vary the objects every few minutes to keep the baby's interest.
- Lie beside the babies and talk about what they see and what they are doing.

Tips:

- Hang the object so that it is touchable but far enough away so that the baby cannot grab hold of it and yank it down.
- Make sure you use objects that are not choking hazards — avoid using anything small enough to fit through a toilet paper roll.

Alternatives/Adaptations:

- Try this activity outdoors on a grassy area. Stimulate reaching or swatting with natural elements such as sticks, leaves, etc.
- Be aware of temperature and glare from the sun.

CUE WORDS

- Reach
- Swat
- Grab

MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness, relationship awareness	Language & literacy
—	Muscle development strength	Reaching, grasping, striking		

Equipment:

Blanket for the floor

Instructions:

In this activity you are gently moving the infant to encourage movement and body awareness.

- To encourage muscle development and connections between the baby's brain and muscles, gently move the baby by rolling, bouncing, turning, and swaying.
- Put the baby in your lap and lean backward and forward.
- Hold the baby's hands and sway side to side.

Tips:

- Take care when bouncing not to be too vigorous. Watch reactions to see what the baby likes and does not like. Work on movements that are more challenging for the baby.
- Use noises to keep the baby's attention.
- Place attractive toys close by to encourage the baby to turn over.
- Use positive and fun words to reinforce movement.
- Sing "Rock-a-bye Baby."

Alternatives/Adaptations:

- Roll infants from back to stomach and stomach to back. Help position them so they can work on producing the movement on their own.
- You can also bounce with the baby on a mobility ball, if available.
- Try these activities outdoors — this is a great opportunity for children to experience natural textures, smells, and sounds.

CUE WORDS

- Turn
- Roll
- Bounce

MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness, relationship awareness	Language & literacy (singing)
—	Muscle development strength, rolling, turning	—		

Having a Ball

BE ACTIVE KIDS®

INFANTS
3-6 months

Equipment:

Mobility ball, beach ball

Instructions:

This activity works on gross motor skills.

- Blow up a yoga mobility ball or beach ball most of the way leaving a soft spot for the baby to lie on.
- Holding the baby firmly on either side of the torso, place the baby tummy down on the ball and roll him/her back and forth and from side to side.
- Talk or sing to the baby as you help him/her roll.

Tips:

Once the baby is strong enough, allow the baby to try to hold his/her head steady.

Alternatives/Adaptations:

- Try a cylindrical bolster pillow to provide a gentle ride, although without the back-and-forth action.

CUE WORDS

- Forward
- Backwards
- Sideways



MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness, relationship awareness	Language & literacy (singing, vocabulary)
—	Rolling, balancing	—		

Dart's Water Kicks

BE ACTIVE KIDS®

Equipment:

Small baby bathtub

Instructions:

This activity focuses on developing strength in the legs and manipulating objects.

- Fill a tub with 2-3 inches of water.
- Hold the baby upright in a sitting position in the water. Most babies love the stimulation of the water and will start kicking their legs happily.
- As they kick and splash higher and higher, they discover that it is their legs that are causing all the splashing.

Tips:

- **Never leave a baby unattended in water for even a moment.**
- **Limit time spent in the water.**
- **Be aware of water temperature** (to test the water temperature, feel the water with the inside of your elbow or wrist).
- Sing to babies as they kick.

Alternatives/Adaptations:

- This activity can be done outdoors on a warm day.
- This activity can be done without water using small, light objects to surround baby's feet.
- Touching the bottom of the feet and stroking toe to heel or heel to toe can also stimulate kicking motions.
- Holding the baby's chest high while moving up and down can also stimulate leg movements.

CUE WORDS

- Kick
- Splash



MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative		
—	Kicking actions	Reaching, striking	Body awareness	Language & literacy (singing)

Sensory Bottles

BE ACTIVE KIDS®

Equipment:

Plastic bottles of various sizes filled with rice, beans, water, etc., sealed

Instructions:

This activity involves manipulating objects.

- Collect plastic bottles of various sizes and fill them with interesting items such as rice, water, beans, or feathers. Seal them securely.
- Sit with infants and help them roll and manipulate the bottles.
- Talk about what is in the bottles, what colors they are, the noises they make, etc.

Tips:

- Find other fun and interesting items to fill the bottles that will keep babies engaged.

Alternatives/Adaptations:

- As babies develop more skills and mobility, roll the bottles to them or away from them and encourage them to scoot or crawl after them.
- Later, more mobile babies can lift and carry the bottles and you can increase the bottles' weight.
- Have older babies fill milk crates with the bottles.
- Use the bottles as home-made instruments and shake to music.
- Adapt this activity to different outdoor settings (sand area, water area, grassy area).

CUE WORDS

- Rolls
- Grasp
- Watch
- Shake



MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	—	Language & literacy
—	Pushing, pulling	Reaching, grasping		

Equipment:

None

Instructions:

Use this activity to work on infants' motor development and coordination.

- To encourage crawling, place infant on belly and press the palms of your hands against the soles of the baby's feet. As the baby pushes against your hands (perhaps accidentally at first), he/she will move forward. This will happen more and more as babies learn the consequences of their actions.

Tips:

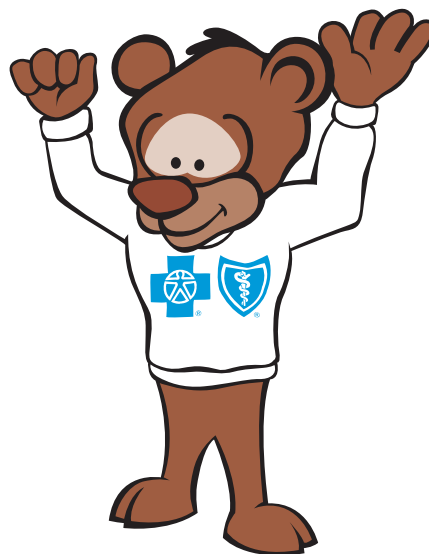
- Get down on the floor (on stomach or hands and knees) and talk or sing to the baby to stimulate movement.

Alternatives/Adaptations:

- If the baby is already up on all fours and rocking back and forth, encourage him/her to crawl by holding or placing favorite objects just beyond reach.
- Place the baby's favorite animal toy in front of him/her and using the animal's name, tell the baby to get the toy.
- Try this activity outdoors; it's a great opportunity to connect with nature.

CUE WORDS

- Head Up
- Push



MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative		
Creeping, crawling	Upper body support	—	Body awareness	Language & literacy

Flying like Glide

BE ACTIVE KIDS®

Equipment:

None

Instructions:

This activity helps to develop sitting and arm strength and development.

- Sit with the baby in your lap, facing out (child's back to your stomach).
- Talk to the baby about birds flying or show a picture of birds flying.
- Flap your arms in big flying movements and encourage them to do the same, to pretend to fly.

Tips:

- Help by physically moving baby's arms up and down and moving side to side.
You can also sing songs about birds.
- Talk about how birds have big, strong wings that they use to fly.
- Look outdoors for birds to imitate.

Alternatives/Adaptations:

- For infants who are starting to walk, help them "take-off" from your lap and "fly" around the room.
- Allow the child to hold objects to encourage flapping arm movements.

CUE WORDS

- Arms out
- Flap



MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative		
—	Self-supported or assisted sitting, arm movements	—	Body awareness	Language & literacy (singing)

Row, Row, Row Your Boat

BE ACTIVE KIDS®

Equipment:

None

Instructions:

Work on this activity to develop children's trunk control and gross motor development.

- This activity strengthens infants' back muscles in preparation for holding themselves in a seated position.
- Do this activity while singing "Row, Row, Row Your Boat."
- Sit on the floor with your legs out in a "V" and sit the baby facing you with a sturdy pillow or upright cushion propped behind for support.
- Grasp the baby's hands firmly and pull his/her arms gently so that the baby leans toward you while you lean back slightly, then reverse so that you lean forward and the baby leans back just a bit.

Tips:

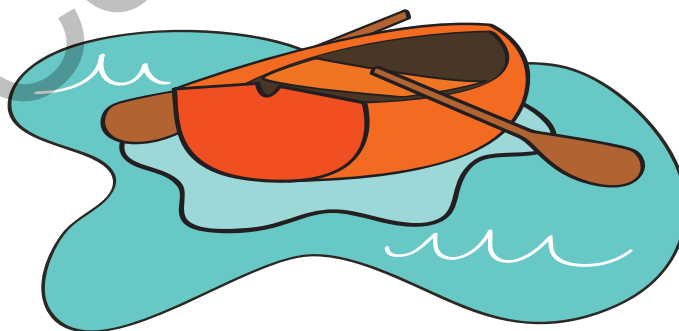
- Start off slowly and get faster as the babies get older and have more control.
- Playing the music can be encouraging and fun.
- Show the baby a picture of a boat or a book illustrating the song.

Alternatives/Adaptations:

- As your baby gets used to this game, you can lean farther and farther forward and backward.

CUE WORDS

- Forward
- Backward



MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness, spatial awareness	Language & literacy (singing)
—	Muscle development, strength, trunk control	—		

Equipment:

Pillows (as needed)

Instructions:

This activity works on muscle development and strength.

- When the baby can sit alone, or sit propped up with pillows, sit in front of him/her.
- Take the baby’s wrists and point the palms toward one another and have them clap out the rhythm with you as you sing/say: *“Pat-a-cake, pat-a-cake, baker’s man, bake those cakes as fast as you can.”*
- Then take the baby’s hands and roll them over each other as you sing/say: *“Roll them over, roll them over.”*
- Then extend the baby’s hands out and up as you sing/say: *“And throw them in the pan.”*

Tips:

- It is fine to use different words in the song.
- After you have done this a few times, ask, *“Want to play pat-a-cake?”* and pat your hands together.

Alternatives/Adaptations:

- For older infants ask, *“Want to play pat-a-cake?”* Then don’t join hands and encourage the baby to make the same motions you make. Make the motions with the child together. Compliment the baby for even a partial imitation.

CUE WORDS

- Clap
- Pat
- Roll

MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness	Language & literacy
—	Muscle development, strength	—		

Swing's Sway

BE ACTIVE KIDS®

INFANTS
8+ months

Equipment:

None

Instructions:

To develop core strength and balance for infants who can balance on their feet and maintain an upright position, hold them in a standing position on their feet with your hands at their sides, and sway them back and forth, side to side.

Tips:

- Position babies facing you so that you can see them and monitor their reactions.
- Sway the baby as you sing *"London Bridge is Falling Down,"* and place the baby on his/her bottom when you sing *"they all fall down."*
- This activity can be done from a sitting position or while laying on your back with the baby on your stomach.

Alternatives/Adaptations:

- As the baby gains balance you can hold hands instead. Face the baby away from you to give him/her a different view.
- The baby can be swayed while in a seated position with support to maintain an upright posture.



CUE WORDS

- Sway
- Lean

MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness, relationship awareness	Language & literacy
—	Balance, muscle development, core strength, swaying	—		

Equipment:

Newspaper

Instructions:

This activity helps children work on manipulating objects. Collect scrap paper and show babies how to tear it up.

Tips:

- Make paper pieces small and easy to manipulate.
- Increase paper size as the baby's age increases.
- Monitor the activity to make sure the paper does not go into the baby's mouth.
- Use various colors and textures of paper.

Alternatives/Adaptations:

- Paper can also be crumpled then used as a ball to toss, roll, and crawl after.
- For older babies, have them create multiple paper balls, count them, and talk about numbers.
- This activity can be done outdoors with natural elements such as leaves.

CUE WORDS

- Fingers
- Pull
- Tear
- Squeeze



MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative		
—	—	Grasping, throwing, and other fine motor skills	—	Cause and effect

Crawl like Blue the Caring Cub

BE ACTIVE KIDS®

Equipment:

Attractive toys

Instructions:

This activity works on locomotion on hands and knees.

- Place an attractive toy or natural Loose Parts on the floor in front of the baby, who is lying on his/her belly.
- Encourage the baby to get the toy by saying the name of the toy.
- Move the toy back as the baby approaches. Allow for success by letting the baby reach the toy.
- Use encouraging words and sounds.

Tips:

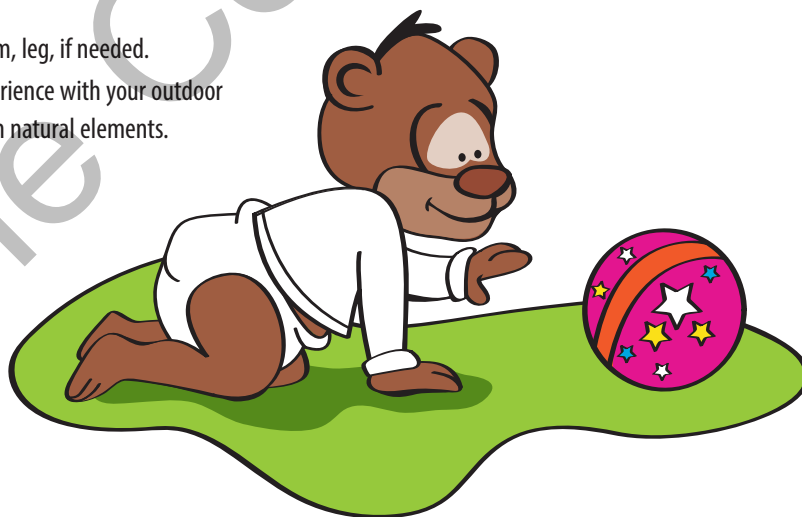
- Work on this activity with an infant who is able to support weight on his/her hands and knees.
- Encourage the infants to come to you by holding your arms out and calling to them.

Alternatives/Adaptations:

- Work on pushing up to hands and knees and balancing there. You may assist the baby into this position.
- Provide assistance by moving arm, leg, arm, leg, if needed.
- This is a great opportunity to provide experience with your outdoor learning environment and interaction with natural elements.

CUE WORDS

- Up
- Arm, leg, arm, leg



MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness, spatial awareness, relationship awareness	Language & literacy
Crawling	—	—		

Equipment:

Sturdy furniture

Instructions:

This activity works on locomotion through cruising by encouraging infants to pull up to standing and move along a stable object.

- Encourage the baby to pull up from a sitting to a standing position by attracting his/her attention to a toy by talking and pointing to the toy.
- Place the toy on the edge of a stable object, out of reach, and ask the baby to get the toy.
- Use your words and the toy to encourage

Tips:

Provide many objects in various colors that children can grasp and pull up on.

Alternatives/Adaptations:

- Sit on the floor and have the baby pull up on your hands, giving assistance as needed to help the baby stand.
- Take this activity outdoors: Use trees, stumps, and other natural elements to encourage standing and cruising.

CUE WORDS

- Pull up
- Step
- Move

MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness, spatial awareness	—
Stepping, cruising	Sitting, standing	—		

Tunnel Crawl

BE ACTIVE KIDS®

Equipment:

None

Instructions:

This activity works on locomotion by encouraging creeping, crawling, and walking.

- Stand with your legs a little wider than your shoulders.
- Tell the babies that they are the train and you are the tunnel, and then encourage them to crawl or scoot through your legs.
- Add a few “choo-choos” and train whistle sounds as they move through the tunnel.
- Sing “I’ve Been Working on the Railroad.”

Alternatives/Adaptations:

- Once the babies get the hang of the activity, tell them that the “train” needs to get through the tunnel quickly before it closes. As they pass through, move your legs closer together and try to gently catch them.
- You can use other adults to extend the length of the “tunnel.”
- Make a tunnel that is big enough for walkers by leaning with your hands against a wall, or make a tunnel by joining hands with another teacher.
- Use an actual tunnel to encourage moving longer distances as infants gain skill.
- Use elements in nature to crawl under.

CUE WORDS

- Low
- Head up
- Bottom up
- Arm, leg, arm, leg



MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Spatial awareness, relationship awareness	Language & literacy (spatial awareness)
Creeping, crawling, walking	—	—		

Doing the Bounce

BE ACTIVE KIDS®

Equipment:

None

Instructions:

- While you are both standing (supporting the infant as needed) have the baby hold your fingers or hold at waist.
- Demonstrate how to bounce by dipping your knees and moving your joined hands up and down.
- Now try doing it a little to the right and a little to the left. Initiate by moving your head in that direction.

Tips:

- Add songs such as “Pop Goes the Weasel” that correspond to the movement.

Alternatives/Adaptations:

- Try this activity with both of you sitting. Simulate bouncing by moving your arms up and down. You can also try just bouncing on your bottoms.
- Take the activity outdoors and have the child hold branches or stumps, or other Loose Parts and encourage their movements.

CUE WORDS

- Stand
- Bounce

MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness	Language & literacy
—	Standing, balancing, bouncing	—		

Mountain Climbing

BE ACTIVE KIDS®

INFANTS
10+ months

Equipment:

Attractive toy

Instructions:

In this activity the infant is encouraged to creep over a barrier, such as the caregiver's legs.

- With the baby sitting on the floor to one side of you, sit with your legs out and knees together.
- Place a toy on your side opposite the baby and encourage the baby to climb over your legs to get it.

Tips:

- Encourage movement with positive words.
- Use toys or Loose Parts that sparkle or make noise to attract the child's attention and encourage him/her to climb over the barrier.

Alternatives/Adaptations:

- Bend your knees to make a higher "mountain."
- Use a lower barrier such as a folded blanket or a small pillow.
- Play hide and seek by hiding behind the pillow and encouraging the baby to come find you.
- Use objects that are visually stimulating, auditorily stimulating or both, such as rattles, light wands, etc.

CUE WORDS

- Look
- Up
- Over

MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness, relationship awareness	Language & literacy
Creeping, crawling	Pulling, transferring weight	—		

Stepping Out

BE ACTIVE KIDS®

Equipment:

None

Instructions:

This activity works on taking steps.

- Sitting or kneeling with the baby facing you, support him/her in a standing position with your hands around the torso.
- Say, "Let's walk," and encourage the baby to take steps.

Tips:

- Move body slightly side to side to simulate a walking motion.

Alternatives/Adaptations:

- Try this activity standing so you can move together.
- To encourage movement, hide a teddy bear and ask, "Can you find the teddy bear?"
- This activity is great to do outdoors on wet, muddy, or grassy areas without shoes so that babies can feel the different textures.

CUE WORDS

- Forward
- Backward

MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness, spatial awareness	Language & literacy
Stepping, walking	Balancing	—		

I'm Right Behind You

BE ACTIVE KIDS®

Equipment:

None

Instructions:

This activity works on locomotion while standing with support.

- Practice walking with infants by holding both hands, standing behind them, and walking.
- Release one hand as they become more agile.

Tips:

- To protect caregivers' backs, limit this activity as needed. Try sitting in a chair with wheels, positioning the child to face you, holding child's hands, and moving backwards.
- Caregivers can encourage babies to cruise along a stable table or other piece of furniture while being monitored and supported as needed by caregiver.

Alternatives/Adaptations:

- Encourage the baby to pull up by attracting his/her attention with a toy. Place the toy on the edge of a stable object, out of the baby's reach, and ask him/her to get the toy. Name the toy.
- For infants that need more support, sit on the floor and have the baby pull up on your hands, giving assistance as needed to help with standing.
- Try this activity in different outdoor settings and with different Loose Parts to stimulate movements. Remove the baby's shoes to allow him/her to feel the natural elements under his/her feet.

CUE WORDS

- Pull
- Step



MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness, spatial awareness	—
Walking	—	—		