



## Glide's Guide on being active!

# Little Leg Movements

**Materials:** Blanket

**Age(s):** Infants

**Directions:** Spread out a blanket on the ground. Lay baby on their back, holding their feet and gently bend their legs into their tummy and then extend back out. After doing this a few times, gently move their legs in like they are riding a bicycle.

**Modification:** Can be done inside or outside. Initiate leg movement by stroking the bottom of their feet.

**FAMILY ENGAGEMENT**