



DECEMBER ACTIVITIES



Eastern North Carolina rarely gets too cold to do outdoor activities, if you're dressed properly. The body can lose a lot of heat through exposed skin. When that North wind is blowing, it's important to keep the head covered with a hat, hood or scarf. Gloves or mittens are important for keeping hands warm.

Infants – We're all good at putting things for infants to reach for with their hands and arms, but let's don't neglect those legs! Place objects at their feet for them to kick. Make sure it makes noise or causes movement the child can see to help encourage them.

Young toddlers – They enjoy doing the same thing over and over. Doing sustained movements (riding toy around and around, climbing slide again and again) repeatedly helps to develop stamina and endurance.

Toddlers - You can play catch with a toddler by hanging a ball from the end of a pool noodle and using it to "toss" the ball to them. If you use a beach ball and don't fully inflate it, it will make it easier for them to grab.

Pre-School – Want to burn off some excess energy? Play Sock Tails. You need a sock for each child, plus a few extras. Show children how to tuck a sock into their belt or top of pants so that it hangs out the middle of their back. Ask one of the children to chase you and try and pull your "tail" out. Then tuck the sock in her/his pants and you chase them and grab their tail. Explain to the children that when they pull some one's tail out, they give it back and continue chasing. No one is "out" and everyone is chasing and being chased at the same time! It can get lively and you might not want pre-school children and school age children playing together as the pre-school children may get knocked down by the older faster children. This can be played at different levels. **Easier** – Hold the hand of a young child who is just learning to walk as he moves to catch a tail. Have a "safe" area where all bunnies are safe from tail grabbing. **Harder** – Have everyone that loses their tail run back to the "tail tailor" to have a new tail put back on. You be the "tail tailor" and keep moving around so the children have to move further to get to you.

Variety – You can change the movements to add variety. Jump like a bunny instead of running. (This activity is from "Dr. Craft's Active Play" by Diane H. Craft, PhD and Craig L. Smith)