



## FEBRUARY ACTIVITIES



**INFANTS** – “Where did the toy go?” –place a toy where the infant can see it and get their attention (shake or move toy). You can say “See the \_\_\_\_?”. Once they are looking, cover the toy with blanket and ask “Where’s the \_\_\_\_\_”. You can begin by only partially covering the toy. Wait a second or two and uncover it. Exclaim “There’s the \_\_\_\_\_!” If the infant is older you can let them find and uncover the toy. Encourage them to roll, scoot or creep to the toy.

**TODDLERS** – “Hoop Limbo” – All you need is a hula hoop and some music (limbo if you have it) Hold the hoop straight up and down with the rim touching the floor. Ask the children to “Limbo” through the hoop, one at a time, to lively music. (It’s OK if the child chooses not to “limbo” through the hoop, substituting their own way to go through that’s more comfortable for them.) Change the angle of the hoop to “lower the bar” after each successful round. This activity helps in body awareness and stability. To vary the activity, you could make an obstacle course of several hoops at different angles.

**PRESCHOOL** – “Hoop Target” – Jam a hula hoop upright in a laundry basket. Fasten the hoop to the sides of the basket with duct tape. Hang targets, such as a few aluminum pie plates, from the top of the hoop. Indoors, the hoop can be hung from the top of a door frame and the basket placed underneath. Ask the children to throw rolled socks at the target. They love the noise the pie plates make when hit by the socks.

It is easy to make your own hoops, using black irrigation tubing. One website you can use for directions is [www.jasonunbound.com/hoops.html](http://www.jasonunbound.com/hoops.html) . There are other websites you can search out. I have made some hoops and did not use a hair dryer to heat the ends. I dipped the end in very hot water to get it around the connector. One thing to remember is do not use duct tape to decorate as it will become gummy around the edges. If you are making hoops to do traditional hooping, the hoop should come between the belly button and mid chest.