



MARCH ACTIVITIES



Birth to Three Months –“Move Your Head” – Place the infant on his or her back. Place a musical toy or rattle on either side of the infant’s head and shake it or make noises with it. The infant should turn his or her head in the direction of the toy.

Two Years and On – “Sock Toss” – Place an empty laundry basket or box about two feet away. Model tossing rolled up socks or other soft, small objects into the basket. You can incorporate turn taking by narrating, “MY turn, YOUR turn”. Counting the objects can bring in number skills and sorting the socks/objects beforehand can introduce color, size, shape or texture recognition. This helps develop gross motor skills involving coordination, balance and body awareness. They can demonstrate increasing control of arm movements including overhand throwing towards large objects (Did you know toddlers develop overhand throwing between 12-30 months. At this early stage of development, the hand comes back by flexing the elbow and throw is completed by extending the elbow. No trunk or foot motion is involved). Toddlers are also beginning to develop eye-hand coordination. This game can be adapted for all ages simply by moving the target to a distance that is challenging (the children should be able to get the thrown object in at least 3 out of 4 times in order to not become frustrated and quit)

Three to Five – “Growing Gates and Growing Puddles” – Begin with an object (such as a broom handle) on the floor or ground. Have the child stand beside it and jump over it. Have the child practice taking off and landing with two feet. If the child is successful, raise the object a little higher. Continue raising the height of the object slightly each time the child jumps successfully. Children can take turns holding the “bar” and being the jumper. This game can be varied by letting the jumper take a running start, take off on one foot and land on the other (leaping over the bar), wiggling the bar slightly to create a moving target, if you have enough people and bars you can put a few in a row so the jumper has to jump over a few in succession. To play “Growing Puddles” use two items, starting with them side by side. With each jump over the puddle, move the items further apart. (This game should not be played with hard items, instead use items such as wrapping paper rolls, ropes and such) If you have varying skill levels you could put the objects closer together at one end and further apart at the other and let the child decide where to jump. This helps develop motor control and balance for a range of physical activities.

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