



# NOVEMBER ACTIVITIES



Remember, usually, there is no such thing as bad weather, just bad clothes. Children can lose a lot of their body heat through their heads and hands. Toboggans/hats and gloves are important additions when the weather changes from chilly to frigid.

**Infants Seven to Eight months old:** Use a playground ball, peanut ball or pillows. On a carpeted or cushioned surface, place the infant on his or her stomach over a ball or pillow. Hold his or her legs apart with knees straight and rolled slightly outward. Roll the infant forward so that most of the infants body weight is on his or her arms. As the infant becomes more stable, you can put toys or manipulatives in front of them. See if he or she will pick one up to secure an object. This is a prerequisite to crawling. (weight shifting)

**Toddlers** – Make a big circle (outside or indoors). You can draw on the ground, use hula hoops, or lay ropes in a circle or oval on the ground. Practice moving in relationship to the circle. Can you move **around** it? Can you move **in** and then **out** of it? Can you run **across** it? If you have more than one circle, can you move **between** them? These are concepts children need to learn. Use different movements to extend the play (walk, run, tip toe, hop).

**Preschool** – Get a laundry basket and practice tossing things into it. Try tossing far away and try tossing when you are really close. This can be done inside using soft objects (rolled up socks, nylon bath scrubbers, etc.).

This month's activities have all come from "Head Start Body Start" the National Center for Physical Development and Outdoor Play. You can find more information and activity ideas at [www.headstartbodystart.org](http://www.headstartbodystart.org)