



## **Month 1: Tummy Time, Rolling and Crawling Preschooler Activities**

### **Tummy Time**

#### **1. Scooter-board activities**

- Colour hunt - Have the child lay on their tummy on the scooterboard and use their hands to push/pull themselves around the room to search for items that are the same colour as their scooterboards
- Blast-off – Laying on their tummy on the scooterboard, have the child move themselves so they are close to and facing a wall. They then use their hands and arms to blast-off from the wall, pushing themselves backwards. They can also play blast-off, by backing up close to a wall, with hips and knees flexed and feet on wall, pushing with legs to blast themselves forward
- Pull-around – One child lies on their tummy on the scooterboard holding one end of a skipping rope or hula hoop and is pulled around the room by another child.

### **Rolling**

#### **1. Steamroller Race**

- Place children at a start line and have them roll across the field to the finish
- Remember the longer the distance the more likely there will be collisions

#### **2. Forward tumbles**

- Place a large mat on the floor and assist the children in learning a forward tumble
- Have the child start in a low squat position, putting hands down on mat and tucking chin to chest, lowering head to mat
- Instruct the child to push off with their feet as you assist them in tumbling forward
- For safety reasons, allow only one child to tumble at a time, and use caution when performing this activity with very low tone children (Downs Syndrome).

## **Crawling**

### **1. Jungle Safari**

- Play music and have the kids walk around waiting to hear what animal be
- Animal walks – bear or monkey, snake, inchworm, seal, mule kicks, etc.

### **2. Pathway to Fun**

- Create pathways with chairs, cones, tape, rope or sidewalk chalk.
- Encourage child to crawl or animal walk along the pathway
- Make it more challenging by adding roadblocks for your child to climb over or create tunnels with sheets for them to crawl under.

### **3. Groundhog Tunnels**

- Create an obstacle course of tunnels for children to burrow through (appliance boxes work really well)
- Open the ends of the boxes and line them up in a winding path
- Encourage children to crawl through the tunnels as quickly as they can
- You can also use couch cushions or chairs with towels or blankets draped over the top

### **4. Follow the Leader**

- Using different modes of crawling, rolling or animal walks
- Have the children follow the leader around the playroom or outside
- If outside climb up a ladder, or use a small indoor climber when outside

### **5. Sideways Crawl**

- Children are arranged on the start line in “Bear position” – hands and feet
- They then “Bear-walk” sideways to the finish line 10-15 feet away

### **6. Spider Race**

- Children now run on their hands and feet forwards the web or fly at the finish line
- Course should be 30 feet or so
- Practice first

### **7. Crab walk**

- Children sit down on the floor and then raise themselves up onto hands and feet, keeping their bottom of the floor – they are now crabs!
- Have the crabs explore the beach moving forwards, sideways, and backwards

References:

Canadian Child Care Federation, Canadian Institute of Child Health. (2004). Moving and growing (2<sup>nd</sup> ed.). Physical activities for twos, threes and fours. Ottawa (ON): Canadian Child Care Federation and the Canadian Institute of Child Health.

Invest in Kids Foundation. (2001). What a child will be depends on you and me: A resource kit for a child's first five years. Toronto (ON): Invest in Kids Foundation.

SPARC: Sports and Recreation New Zealand. (2008). Tummy time, rolling and crawling. Active Movement.