



## **Month 8 Swinging, Spinning and Rocking Toddler**

### **Fishing Boat**

Lie on your back, knees to your chest, ankles together. Have your child lie on your shins, straddling your ankles, with his knees bent and toes in the air. For a secure "mooring", you can hook your toes outward and anchor them around the back of his thighs. Hold his hands or shoulders. Then rock back and forth from head to toe, as if riding the waves.

### **Airplane**

Lie on your back, knees bent, toes pointing outward. Take your child's hands in yours, place your feet on his lower abdomen, and lift him up for a smooth "take-off". When he is suspended over your head, encourage him to straighten his legs horizontally. How high can the little airplane fly? It all depends on your child's delight and comfort. Keep your knees bent and place your hands under his chest, if he feels more secure flying low. Stiffen your arms and legs, if he's ready to soar.

### **Sheet Swing**

Using a blanket and two adults, have the child sit or lie in the blanket. Each adult holds an end and swings the blanket.

### **Rowboat**

Sit facing each other, legs in a "V". Take each other's hands. Press your toes or soles of your feet against your child's. Sing "Row, Row, Row Your Boat" while pushing and pulling the "oars" (each other's hands). "Row" forward and back as far as you can go until your backs touch the floor, if safe, appropriate and possible!

### **Ring Around the Rosey**

The children hold hands and walk around in a circle as they sing:

“ Ring-around-the-rosey  
Pocket full of poseys  
Ashes, ashes  
All fall down”

The children follow the action suggested in the last portion of each verse.

Suggested verses:

- All clap hands
- All hop around
- All spin around.

Having the children hold hands and face outward from the circle is more challenging than facing the center.

### **Three Times Around**

Have the children stand in a circle. They can join hands and walk around or stand independently and spin in place. Sing the song:

“Three times around went the gallant ship,  
And 3 times around went she.  
Three time around went the gallant ship,  
And we sank to the bottom of the sea” ( All fall down)

You can add numbers and count as high as you want; i.e. 4 times around, 5 times around,...

### **Listen, Listen, Listen**

Have the children stand in a circle with joined hands. Say the verse and follow the actions:

Step one and two (take 2 steps to the left)

Jump three and four (take 2 little jumps and drop hands)

Turn around quickly (turn around)

And sit on the floor (sit on the floor with legs crossed)

Clap one and two (clap on “one” and “two”)

Shake your head three and four (shake your head on “three” and “four”)

Jump up again (jump up to a standing position)

And be ready for more (join hands again and start over).

### **Rocking Together**

Snuggle together with your child in a sitting position. Hold your child while rocking side to side and back and forth.

### **Rock the Boat**

Lie flat on your tummies, lifting your arms and legs off the floor. Rock like a boat; forward and backward and side to side. Talk together and make “putt, putt” sounds as you pretend to move along the water.

### **Rocking Chair**

Sit on the floor with your legs bent and your hands out to the side for balance. Tuck your legs in close to your body and wrap your arms around behind your knees. Lift your feet off the floor and rock forward and backward, and side to side.

### **Merry-Go-Round**

You will need: 1 parachute or blanket cut into large circle.

Have everyone stand in a circle, holding on tightly to the edges of the parachute or blanket. The children pretend they are on a merry-go-round and start walking around, all facing in the same direction. Suggest they change directions, or that they make their merry-go-round go faster or slower.

#### References:

SPARC: Sports and Recreation New Zealand (2008). Balance: swinging, spinning and rocking. Active Movement.

Yack, E., Sutton, S., Aquilla, P. (1998) Building Bridges through Sensory Integration. Willowdale (ON): Print 3, Syd and Ellen Lerer