

Month 1: Tummy Time, Rolling and Crawling Toddler Activities

Tummy Time

1. Airplane Song

- With adult lying on their back, place your feet on child's chest, hang on to their hands



- Sing the Airplane Song
Zoom Zoom Zoom
We're going to the moon
Zoom Zoom Zoom
We're going to the moon
If you'd like to take a trip
Climb aboard my rocketship
Zoom Zoom Zoom
We're going to the moon
5, 4, 3, 2, 1
BLAST OFF!

Rolling

1. Rolling on a ball

- Using a large ball
- Place child on their tummy on the ball
- Have child roll by walking out to retrieve an object and walk back to place in a bucket
- You could also while on the ball, paint child's hands and have them "paint" their path

2. 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

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. Push of War

- Sit facing child with a ball between you and push

3. 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.

4. 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

5. Mountain Climbing

- Gather blankets, pillows and inner tubes
- Place a large blanket over them and tape it down
- Encourage children to crawl, or roll over the large mountain

6. Peek-a-boo

- Play a game of peek-a-boo around furniture in the crawling position

7. 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

8. Train Song

- Create a train track on the floor and children could crawl along like a train and sing the song ...

Little Red Caboose

Little red caboose, chug chug chug.

*Little red caboose, chug chug chug.
Little red caboose behind the train, train, train, train.
Smokestack on his back back back back.
Coming around the track track track track.
Little red caboose behind the train, TOOT, TOOT!*

References:

Canadian Child Care Federation, Canadian Institute of Child Health. (2004). Moving and growing (2nd 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.

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