MOVE PLAY & LEARN

# Airplane Baby

**Age** 2 months or when child is able to lie on tummy and hold up his/her head

**Materials** None

**Setting** Adult lies on his/her back on the floor with baby lying on top of the adult, facing each other. Place blankets or pillows around the sides of the adult so there is something soft for the baby to touch as the adult rolls from side to side.

**Description** As you are lying on your back on the floor, place the infant on your tummy, so that the child is facing you. Begin by holding the child with both of your hands on his/her back. Gently roll your body from side to side. This will cause the child to explore using his/her body to maintain a balanced position, thus contracting many muscles. As the child gains more control, let go little by little, to the point where you are barely holding on to the child as you gently roll from side to side. As the child gets older, you can make this a bit more 'rough and tumble' by holding onto the child and increasing your rolling motion from side to side. As you play this game, make the sounds of an airplane engine taking off and banking through the air.

## Learning Outcomes

***Large Motor Skills*** Child begins to gain voluntary control of arm movements, using arms, legs, and torso to maintain balance.

***Social Emotional Development*** Child displays pleasure interacting with familiar adults, engaging in social games through playful, back-and-forth interactions.

## Did You Know?

Balance requires the use of many different parts of the body at one time. To fully balance, the body must learn to work its different parts together, contracting and relaxing various muscles to achieve the desired postures. As infants lay on the their tummies and move their arms and legs, they are working very hard, contracting numerous muscles while relaxing others, allowing them to achieve the constantly changing postures while achieving some sense of balance.

## Movement Milestone

Most children can lie on their tummies and hold up their heads to look around by the age of one to four months.

INFANTS

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# Where Did It Go?

**Age** Three to four months+

**Materials** Small toy that makes noise and three colorful wash clothes that are each a different color

**Setting** On a soft blanket on the floor, sitting with support, or sitting in a high chair

**Description** Place the child on his/her tummy on the floor. Show the child each wash cloth, and then place the cloths on the floor just out of his/her reach. Show him/her the toy, and shake it. Then put it on top of one of the wash cloths, and encourage the child to come get it. Repeat a few times until the child is used to the game. Now shake the toy again, but this time hide it under one of the wash cloths. Then ask the child, "Where did it go?" and encourage the child to find it. Gently tap each wash cloth so the toy makes a noise when it is tapped; as it does this, act surprised and show the joy of finding the lost toy.

## Learning Outcomes

***Approaches to Learning*** Child uses initiative, curiosity, and persistence to learn about the world. He or she explores the environment through movement and the use of senses. He or she looks toward the sound of the toy and the movement of the adult/wash cloth.

***Large Motor Skills*** Child begins to gain voluntary control of arm movements, using arms purposefully to reach for objects; and using torso to control entire body while lying on the floor.

***Science*** Child gathers information through the senses. He or she pursues an object with initiative and curiosity, and repeats actions that have been successful in reaching a goal.

## Did You Know?

As infants are learning how to reach and grasp objects, they quickly move from using a power grip (which is characterized by holding the object against the palm) to using precision grips (which involve holding objects between the thumb and one or more fingers). The actual type of grip is dependant, however, on the shape and size of the object being grasped.

## Movement Milestone

At four months most infants are able to sit with support; at five months they will begin grasping objects while sitting.

INFANTS

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# Scarf Dancing

MOVE PLAY & LEARN

**Age** 30 months and on

**Materials** Music and lightweight scarves

**Setting** Wide open space

**Description** Give each person a sheer, lightweight scarf. Turn on some energizing music. Dance to the music, moving the scarf as you move your body. Move it high, move it low, Move it fast, move it slow.

## Learning Outcomes

***Movement*** Toddler dances to music and songs, enjoying creative movement. Through dancing, the toddler shows increasing body control including increased balance and body coordination. He or she is developing the ability to change positions smoothly as he or she moves.

***Gross Motor*** The toddler develops large motor skills and coordinates both hands to manipulate objects. He or she actively explores a safe and supportive environment both indoors and outdoors.

***Music*** The toddler shows interest and participates in music activities through gestures, movement and dancing. He or she expresses self creatively to variations in music such as changes in rhythm, volume or temp.

## Did You Know?

Young children's participation in movement experiences can be maximized by effective caregiver facilitation. The adult should individualize his or her support according to toddlers' needs and may consider including positioning children for maximum participation; motivating children by using or offering high preference or high interest objects people or activities; using verbal and visual cues; and providing physical assistance as needed.

TODDLERS

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