



## Physical Health, Well-Being, and Movement Skills Activity for 6 to 12 Months

### Blanket Fun

*This activity helps infants strengthen their upper trunk as well as challenge their balance in sitting.*

#### Materials:

- Bed sheet
- Blanket
- Towel

#### What to do:

1. Place the baby on the blanket or bed sheet when she can sit up on her own. (A natural time for this activity is on the days when you strip beds.)
2. Walk from room to room pulling the sheet with the baby riding along.
3. Talk to your baby about where you are going and make sounds as you gently slow down or speed up.

#### Variation:

- Place the baby in a cardboard box or laundry basket big enough for her to sit in and show her how to hang on to the sides. Prop her up with a small pillow behind her back and gently push her around the room. Talk about where you are going. Make car sounds as you go.

