



Physical Health, Well-Being, and Movement Skills

Activity for 24 to 30 Months

Tip Toe

Walking on tiptoes challenges children's balance and helps strengthen their legs.

Materials:

- None

What to do:

1. Show the child how to walk on tiptoes.
2. Encourage her to walk on her tiptoes as she moves from one activity to another.
3. Try tiptoeing to the sink to wash for snacks.

Variations:

- Try crawling time, jumping time, backwards-walking time, or waddle-like-a-duck time.

