



Physical Health, Well-Being, and Movement Skills Activity for 24 to 30 Months

Big Steps

Toddlers need lots of practice to develop their balance once they are walking. This activity also introduces them to the concepts of "big" and "little," a cognitive and language skill.

Materials:

- None

What to do:

1. Act out the movements of "Big Steps, Little Steps" with the toddler.

Big steps, big steps. (Take long steps)

Little steps, little steps, little steps. (Take small steps)

Big steps, little steps, BIG STEPS!

Variation:

- Repeat the following rhyme as you show the toddler how to jump up and down with two feet.

Jumping feet, jumping feet, jump, jump!

Up to the sky, away up high.

Jumping feet, jumping feet, jump, jump!

