



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

Exercycle

Babies love to have their arms and legs moved for them, especially before they gain control of their movements. A good workout helps babies develop muscles and learn how to use them joyfully. And exercise helps everyone sleep better!

Materials:

- None

What to do:

1. Hold the baby's feet and gently guide them in a cycling motion. You need only to remind a baby, as this is a natural exercise. Once you've helped the baby "get in gear," she will try to carry on the game without help as she matures.

One appropriate song for this exercise is "Row Your Boat"

*Row, row, row your boat
Gently down the stream.
Merrily, merrily, merrily, merrily,
Life is but a dream.*

Variation:

- Put the baby on her back and hold her legs at the ankles and bend them at the knee. Straighten her legs, one at a time, repeating this "kicking" movement several times. Bring her two legs together and gently "kick" them together. Singing a song while you do this exercise makes it more fun for the baby.

