



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

### Floating Game

*Learning to reach and grasp involves eye-hand coordination. Reaching for a moving target helps infants integrate tracking, reaching, and grasping.*

#### Materials:

- Diapers
- Scarves
- Pieces of material

#### What to do:

1. Gather diapers, scarves, pieces of material, and other items that you can throw into the air to float down slowly.
2. Sit on the floor with the baby in between your legs.
3. Throw the first item in the air (scarves are good to begin). As it floats down, extend your arms to catch it. Throw the scarf in the air again and tell the baby to catch it. Hold out her arms so the scarf falls into her arms.
4. Continue playing with the different items you selected. The baby soon will try to catch them herself.

