



Physical Health, Well-Being, and Movement Skills Activity for 18 to 24 Months

Fun With Movement

Toddlers learn control of their bodies through movement. This activity also helps them learn body parts.

Materials

- None

What to do:

1. Sit on the floor with the toddler. Recite this poem and act out the motions:

*Wiggle your toes, one, two, three
Wiggle your toes just like me.
Now tell the wiggles to go away
(Shake your pointing finger)
and sit very still for the rest of the day.*

2. Substitute other parts of the body: fingers, elbows, shoulders, and nose.

Variations:

- A. Sing the following to the tune of "London Bridges is Falling Down" and follow the directions:

*Put your hands up in the air,
In the air, in the air.
Put your hands up in the air,
Clap, clap, clap.*

*Put your hands down to the ground,
To the ground, to the ground.
Put your hands down to the ground,
Clap, clap, clap.*

Sing variations of the song: *kick your leg into the air, move your arm from side to side, or take your legs and march, march, march....*

