



## **Physical Health, Well-Being, and Movement Skills**

### **Activity for 12 to 18 Months**

#### **How About a Push?**

*This activity gives children practice with balance and walking. As they take on roles and pretend, they are engaging in dramatic play (cognitive and social-emotional development).*

#### **Materials:**

- Large grocery cartons or dish tubs
- Dolls and stuffed animals

#### **What to do:**

1. Let the child put the dolls and stuffed animals in the boxes and push them around.
2. Paint "headlights," "wheels," and "doors" on the boxes to suggest cars.

#### **Variations:**

- A. Give the child a push toy with a long handle and encourage him to stand and hold the toy by its handle. Encourage him to walk while pushing the toy. Talk about what happens when he pushes the toy.
- B. Let the child hold onto a stroller and push it around the house or outside.

