



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

Reach So High!

This activity allows children to practice reaching and batting at objects. If the object makes a noise when it is moved, cause and effect (cognitive) is enhanced.

Materials:

- Cardboard
- Scarf
- Yarn
- Ribbons

To make:

1. Make colorful yarn balls by winding thick yarn around a cardboard circle with a hole at the center.
2. Snip out the cardboard and attach the yarn ball to a thick yarn piece and hang it from the ceiling.

What to do:

- Place the baby under the swinging yarn ball and let him enjoy batting at the yarn ball as it moves like a pendulum.

Variations:

- A. Hang an attractive, safe mobile — such as butterflies that flutter when set — in motion over the crib.
- B. Slip a colorful scarf through a plastic ring or bracelet and tie the scarf to the arm of a chair. Let the baby lay next to the ring or bracelet. The baby will grab the ring and move the scarf around on the chair arm.

Hang a long, brightly colored ribbon or scarf loosely around your neck. When you lean over the baby to change him or pick him up, allow him to reach out and touch the ribbon or scarf. Try adding a securely tied wooden bead or any other safe, interesting object the baby might like to reach at the end of your ribbon or scarf. Smile and talk to him about what he is doing.

