



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

Tear It Up!

This is a good way to expend extra energy or release tensions. Tearing and crumpling also provide fine-motor/hand-muscle exercise. This can be a good redirection activity when you see children tearing something they shouldn't, like a book. It's pro-social because it's more fun to do with others than alone.

Materials:

- Empty 2-liter plastic soda bottle
- Tissue paper

To make:

1. Cut several pieces of colored tissue paper into 3- or 4-inch squares.
2. Put the soda bottle on the floor or on the table in front of the toddler.
3. Take a square of the tissue paper and crumple it. Put it into the opening of the bottle, using your index finger to push in the paper.

What to do:

1. Give the toddler a piece of paper and let him imitate your actions. You also can have him tear the paper into smaller pieces and drop them in the bottle.
2. Have the child, if able, screw on the lid after he has tired of filling the bottle.

