

In and Out

Primary Objectives

4. Demonstrates traveling skills
5. Demonstrates balancing skills

Why It's Important

Children need many opportunities to practice their growing gross-motor skills. Boxes and tunnels are an easy and inexpensive way to provide your child with new gross-motor experiences.

Materials

Large cardboard box; tunnels

What You Do

1. Add the tunnels or boxes to the indoor or outdoor environment. You can make a tunnel by hanging a sheet over a table.
2. Invite your child to explore the box or tunnel. Observe and describe what you see your child do. *You are crawling through the tunnel.*
3. If other children are present, watch your child to see if she interacts briefly with other children using the materials. Explain what is going on. *You are trying to get out of the box and Jason is trying to get in.*
4. Interact playfully with your child as she continues to explore the tunnel or box. For example, when she crawls under a box you might say, *Where did [Cleo] go? Oh, there she is!*
5. Encourage your child to move in new ways. *You are going around the box. Now you are sitting near the box.*
6. You can extend her interest in this activity by adding additional props or toys to her play such as balls, beanbags, or different textured fabrics.