

Let's Play Ball

Age: Explorer (8 - 18 months), Infants (0-8 months)

This activity helps your child's development in this domain: Physical, Language and Literacy

What You Need:



- Soft or rubber balls of various sizes

What To Do:

1. When your child is able to sit up on her own, sit on the floor with her.

Have your feet touching or almost touching her feet.

2. With two hands, roll the ball toward her. Describe what you are doing. For

example, "I push the ball and it rolls to you!"

3. Next, have your child roll the ball toward you.

4. Use different-sized balls for added learning opportunities.

5. Use vocabulary words like: large, small, roll, bump, fast, slow, spin,

twirl, pass, back and forth, around, between, behind.

6. For variation: Alternate between rolling and bouncing the ball or experiment

with rolling other objects such as small cars or trucks.

! Safety alert: Be sure balls and other objects are large enough that the child cannot swallow or choke on it.

Adapted from Baby Steps to STEM by Jean G. Barbre



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