







# S.M.A.R.T. Steps Tummy Time Activities - Infants (6 wks-12 months)-

NOTE: Monitor infants for safety, ensure no small parts are mouthed

Child Infants (6wks-12mo)	Provider
<p>Emerging</p> <ul style="list-style-type: none"><li>• Tummy time</li></ul> <p>-Keep out of "containers" when possible</p>    	<p><b>Level 1</b></p> <p>Tummy Time</p>  <p>- Tummy Time with Caregiver Eyeball to eyeball with baby</p> 

## S.M.A.R.T. Steps Tummy Time Activities - Infants (6 wks-12 months)-

NOTE: Monitor infants for safety, ensure no small parts are mouthed

### Level 2

- Tummy time with interesting items in Pans, Cups add auditory interest and cause/effect



- Tummy time while reaching for Infant toys



**Tummy Time Tips**  
*for early rollers*

## S.M.A.R.T. Steps Tummy Time Activities - Infants (6 wks-12 months)-

NOTE: Monitor infants for safety, ensure no small parts are mouthed

- Tummy time on foam interlocking pieces, one toy in each corner  
<https://www.youtube.com/watch?v=JVjWMXVHYUw&feature=youtu.be>



### Level 3

- Tummy Time Hula Hoop covered in materials. Laid flat  
(ensure items are large and cannot come off, no feathers)



## S.M.A.R.T. Steps Tummy Time Activities - Infants (6 wks-12 months)-

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### - Tummy Time high contrast board. Laid flat or prop

Do an image search for black/white/red or high contrast items. Print and adhere to board - cardboard, poster board. etc

(ensure items are large and cannot come off, check glue for toxic information)



### - Tummy Time using a Commercially made (for liability) Activity Mat or Taggy Blanket



## S.M.A.R.T. Steps Tummy Time Activities - Infants (6 wks-12 months)-

NOTE: Monitor infants for safety, ensure no small parts are mouthed

- Tummy Time with items in zip top bags secured with duct tape to the floor or cardboard (items should be large, small items could be infant edible meltables like puffs and yogurt melts)



- Tummy Time using a mirror down low for infant to view self (framed mirror, shatter proof preferred)



**S.M.A.R.T. Steps Tummy Time Activities - Infants (6 wks-12 months)-**

**NOTE: Monitor infants for safety, ensure no small parts are mouthed**

- Tummy Time with Friends (with or without Bobby) friends can be any aged child



**S.M.A.R.T. Steps Tummy Time Activities - Infants (6 wks-12 months)-**

NOTE: Monitor infants for safety, ensure no small parts are mouthed

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# S.M.A.R.T. Steps Tummy Time Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

<b>Child</b> Toddlers (1-2) Preschool (2-5) School Aged (5+)	<b>Provider</b>
<p><b>I am Learning Stage:</b></p> <ul style="list-style-type: none"> <li>Initially the child may Belly Crawl using the same side (left arm and left leg and then the right arm and right leg). A child with this type of crawl should be allowed to continue crawling in this fashion, <u>but it is not to be taught.</u></li> <li>It is important to recognize, with enough belly crawling a mature cross pattern (using the opposite arm and leg simultaneously) will develop. A child with a same sided crawl can benefit from EXTRA Belly Crawling.</li> </ul> <p><b>I am Working Stage:</b></p> <ul style="list-style-type: none"> <li>The child Belly Crawls with a cross pattern and may reach straight out from the shoulders. <u>Again, it is not to be taught, but it may occur.</u> Have the child Belly Crawl on a line. The middle of their body is on the line. When their hand comes up they place their hand on the line.</li> <li>The child may not be able to push off with the side of the foot.</li> </ul> <p><b>I Have It Stage:</b></p> <ul style="list-style-type: none"> <li>The child is able to Belly Crawl on any surface with a cross pattern (using the opposite arm and leg simultaneously). They also may have a slight flip of the hand before the arm extends again while crawling forward. You will note the ease by which the child can Belly Crawl.</li> </ul>	<p><b>Level 1</b></p> <p><b>- Tummy Time Storytime (self directed)</b>  <b>Reading/Looking at books on their tummy</b></p>    <p><b>- Tummy Time Storytime (provider reading)</b></p>



## S.M.A.R.T. Steps Tummy Time Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

Children are listening to story time on their tummy



- Tummy Time Playtime on the floor with toys/puzzles

[https://drive.google.com/drive/u/0/folders/13BMH\\_EGPwlqm-MGGm-5yk5dLATfFL6ML](https://drive.google.com/drive/u/0/folders/13BMH_EGPwlqm-MGGm-5yk5dLATfFL6ML)

# S.M.A.R.T. Steps Tummy Time Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed



## S.M.A.R.T. Steps Tummy Time Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed



### Level 2

- Boxes. children are in the box on their tummy

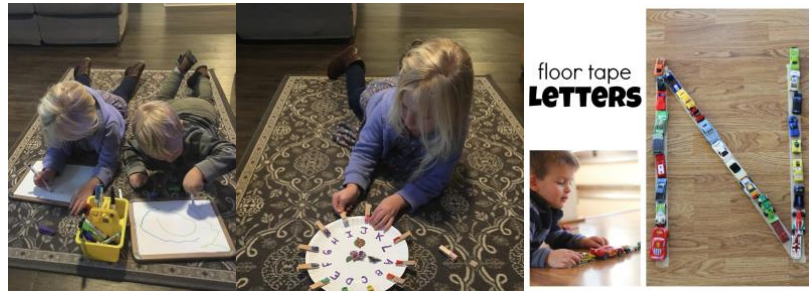
Looking at books, playing with cars, coloring, playing with legos



# S.M.A.R.T. Steps Tummy Time Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

- Tummy Time tasks encourage children to do tasks while on their tummies



- Sticker Tummy Time



**S.M.A.R.T. Steps Tummy Time Activities - Toddlers, Preschool, and School Aged**

**NOTE: Monitor toddlers for safety, ensure no small parts are mouthed**

**Level 3**

- Tummy Time Spaces



**S.M.A.R.T. Steps Tummy Time Activities - Toddlers, Preschool, and School Aged**

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

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# S.M.A.R.T. Steps Belly Crawling Activities - Infants (6 wks-12 months)

NOTE: Monitor infants for safety, ensure no small parts are mouthed

Child Infants (6wks-12mo)	Provider
<p data-bbox="142 380 261 411"><b>Emerging</b></p> <ul data-bbox="191 422 399 453" style="list-style-type: none"><li>• Tummy time</li></ul> <p data-bbox="142 499 532 573"><b>-Keep out of "containers" when possible</b></p>    	<p data-bbox="570 380 678 411"><b>Level 1</b></p> <p data-bbox="570 432 748 464"><b>- Tummy Time</b></p>   

**S.M.A.R.T. Steps Belly Crawling Activities - Infants (6 wks-12 months)**

**NOTE: Monitor infants for safety, ensure no small parts are mouthed**

**Level 2**

- Belly Crawling to Infant toys





## S.M.A.R.T. Steps Belly Crawling Activities - Infants (6 wks-12 months)

NOTE: Monitor infants for safety, ensure no small parts are mouthed

- Belly Crawling on foam interlocking pieces, one toy in each corner

<https://www.youtube.com/watch?v=JVjWMXVHYUw&feature=youtu.be>



### Level 3

- Belly Crawling using a mirror down low for infant to view self  
(framed mirror, shatter proof preferred)





**S.M.A.R.T. Steps Belly Crawling Activities - Infants (6 wks-12 months)**

NOTE: Monitor infants for safety, ensure no small parts are mouthed

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# S.M.A.R.T. Steps Belly Crawling Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

<b>Child</b> Toddlers (1-2) Preschool (2-5) School Aged (5+)	<b>Provider</b>
<p><b>I am Learning Stage:</b></p> <ul style="list-style-type: none"><li>Initially the child may Belly Crawl using the same side (left arm and left leg and then the right arm and right leg). A child with this type of crawl should be allowed to continue crawling in this fashion, <u>but it is not to be taught.</u></li><li>It is important to recognize, with enough belly crawling a mature cross pattern (using the opposite arm and leg simultaneously) will develop. A child with a same sided crawl can benefit from EXTRA Belly Crawling.</li></ul> <p><b>I am Working Stage:</b></p> <ul style="list-style-type: none"><li>The child Belly Crawls with a cross pattern and may reach straight out from the shoulders. <u>Again, it is not to be taught, but it may occur.</u> Have the child Belly Crawl on a line. The middle of their body is on the line. When their hand comes up they place their hand on the line.</li><li>The child may not be able to push off with the side of the foot.</li></ul> <p><b>I Have It Stage:</b></p> <ul style="list-style-type: none"><li>The child is able to Belly Crawl on any surface with a cross pattern (using the opposite arm and leg simultaneously). They also may have a slight flip of the hand before the arm extends again while crawling forward. You will note the ease by which the child can Belly Crawl.</li></ul>	<p><b>Level 1</b></p> <p><b>- Free Belly Crawling on the Floor (various surfaces encouraged)</b></p>  <p><b>- Belly Crawling on painter's tape lines down a hallway</b></p> 

## S.M.A.R.T. Steps Belly Crawling Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

### Level 2

- Musical Belly Crawl on the Floor (various surfaces encouraged)

Play a variety of music - stop crawling when the music stops, start again when the music plays



- Belly Crawling Races



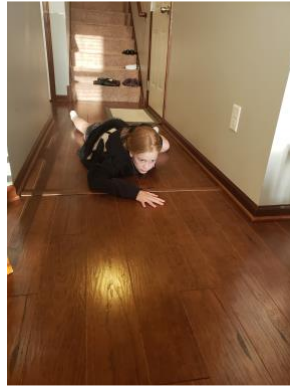
## S.M.A.R.T. Steps Belly Crawling Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

- Belly Crawling under a table



- Belly Crawling down the hallway (used intentional)



## S.M.A.R.T. Steps Belly Crawling Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

### Level 3

- Belly Crawling under a Swinging Ball on a string



- Belly Crawling on a vinyl carpet runner outside



## S.M.A.R.T. Steps Belly Crawling Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

- Belly Crawling under streamer/tape obstacle in living room space



- Belly Crawling under streamers/surveyors tape "web" in a hallway



**S.M.A.R.T. Steps Belly Crawling Activities - Toddlers, Preschool, and School Aged**



NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

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## S.M.A.R.T. Steps Crawling on Hands and Knees – Infants (6 wks-12 months)

NOTE: Monitor infants for safety, ensure no small parts are mouthed

Child Infants (6wks-12mo)	Provider
<p><b>Emerging</b></p> <ul style="list-style-type: none"> <li>• Tummy Time</li> <li>• Belly Crawling</li> </ul> <p>-Keep out of “containers” when possible</p> 	<p><b>Continue Using</b></p> <ul style="list-style-type: none"> <li>- Tummy Time <ul style="list-style-type: none"> <li>• See Belly Crawling for Infants</li> </ul> </li> <li>- Belly Crawling <ul style="list-style-type: none"> <li>• See Belly Crawling for Infants</li> </ul> </li> </ul> <p><b>Level 1</b></p> <ul style="list-style-type: none"> <li>- Initial Crawling on Hands and Knees: set out toys or items of interest (video shows some reflexive positions, ie. face plant/rocking/sitting haunches) <a href="https://youtu.be/JVjWMXVHYUw">https://youtu.be/JVjWMXVHYUw</a></li> </ul> 

## S.M.A.R.T. Steps Crawling on Hands and Knees –

Infants (6 wks-12 months)

NOTE: Monitor infants for safety, ensure no small parts are mouthed

- Examples of Baby Learning to Crawl on Hands and Knees

<https://m.youtube.com/watch?v=caPPK77lo40>

(video showing 6 stages of Crawling on Hands and Knees NOTE: refine to a specific segment)



## S.M.A.R.T. Steps Crawling on Hands and Knees – Infants (6 wks-12 months)

NOTE: Monitor infants for safety, ensure no small parts are mouthed

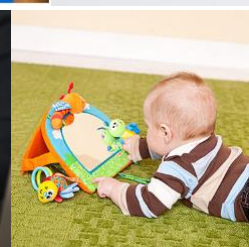
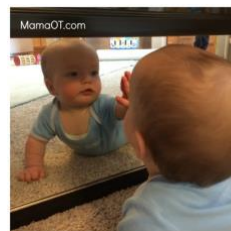
### Level 2

- Crawl on Hands and Knees through Tunnels



### Level 3

- Mirror down low for down low viewing



**S.M.A.R.T. Steps Crawling on Hands and Knees –**

**Infants (6 wks-12 months)**

NOTE: Monitor infants for safety, ensure no small parts are mouthed

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**S.M.A.R.T. Steps Crawling on Hands and Knees –**


**Infants (6 wks-12 months)**

NOTE: Monitor infants for safety, ensure no small parts are mouthed

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# Crawling on Hand and Knees Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

Child Toddlers (1-2) Preschool (2-5) SchoolAge (5+)	Provider
<p><b>I am Learning Stage:</b></p> <ul style="list-style-type: none"><li>Initially the child may Crawl on Hand and Knees using the same side (left arm and left leg and then the right arm and right leg). A child with this type of crawl should be allowed to continue crawling in this fashion, <u>but it is not to be taught</u>.</li><li>It is important to recognize, with enough Crawling on Hand and Knees a mature cross pattern (using the opposite arm and leg simultaneously) will develop. A child with a same sided crawl can benefit from EXTRA Crawling on Hand and Knees.</li></ul> <p><b>I am Working Stage:</b></p> <ul style="list-style-type: none"><li>The child Crawls on Hand and Knees with a cross pattern but may turn the hands inward or outward and/or lift their toes up off of the floor. <u>Again, it is not to be taught, but it may occur</u>. Have the child gently slap the floor and/or remind them to drag their toes.</li></ul> <p><b>I Have It Stage:</b></p> <ul style="list-style-type: none"><li>The child is able to Crawl on Hand and Knees using the opposite arm and leg simultaneously. For example, they would move the left and right knee and then the right hand and left knee. The child should move at a slow and even pace.</li></ul>	<p><b>Level 1</b></p> <p><b>- Free Crawling on Hand and Knees</b></p>  <p><b>- Crawling on Hand and Knees down the hallway</b></p>

# Crawling on Hand and Knees Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed



## - Crawling on Hand and Knees outside



## Level 2

- Crawling on Hand and Knees under Furniture

## Crawling on Hand and Knees Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed



### - Musical Crawling on Hand and Knees



### - Crawling on Hand and Knees parade

[https://drive.google.com/drive/u/0/folders/1TDzd4llgglqg\\_Psf\\_giutCkR1b\\_embul](https://drive.google.com/drive/u/0/folders/1TDzd4llgglqg_Psf_giutCkR1b_embul)

Play from 1:24 to 1:38



## Crawling on Hand and Knees Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed



- Doggy Doggy Where's your Bone (have the child Crawl on Hands and Knees to find a specific object)



- Crawling on Hand and Knees over pillows

[https://drive.google.com/drive/u/0/folders/1TDzd4llgg1qg\\_Psf\\_gi\\_utCkR1b\\_embul](https://drive.google.com/drive/u/0/folders/1TDzd4llgg1qg_Psf_gi_utCkR1b_embul)

# Crawling on Hand and Knees Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed



- Crawling on Hands and Knees on Bubble Wrap



- Crawling on Hands and Knees through Boxes

# Crawling on Hand and Knees Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed



## - Crawling on Hand and Knees through Forts



## Level 3

## - Crawling on Hands and Knees through Tunnels

## Crawling on Hand and Knees Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed



- Crawling on Hand and Knees through a car wash



- Crawling on Hands and Knees through Box and Adding extra's

# Crawling on Hand and Knees Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed



(socks'/tights hanging inside, etc)



(used cups like tights above)

- Crawling on Hands and Knees with Vehicles and Roads

## Crawling on Hand and Knees Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed



- Crawling on Hands and Knees and Roll the ball through "arcs"

# Crawling on Hand and Knees Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed



-Slap Track



- Crawling on Hand and Knees on a slip and slide

## Crawling on Hand and Knees Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed



<https://www.google.com/imgres?imgurl=https://media4.giphy.com/media/uW7Dvvl4nosbS/200.gif&imgrefurl=https://giphy.com/explore/slip-and-slide&tbnid=hHEJkcy0s-jzvM&vet=1&docid=iKawhe24uXRt7M&w=388&h=200&hl=en&source=sh/x/im>



## Crawling on Hand and Knees Activities - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

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## S.M.A.R.T. Steps Rolling - Infants (6 wks-12 months)

NOTE: Monitor infants for safety, ensure no small parts are mouthed

Child Infants (6wks-12mo)	Provider
<p><b>Emerging</b></p> <ul style="list-style-type: none"><li>● Tummy Time</li><li>● Belly Crawling</li></ul> <p>-Keep out of “containers” when possible</p> 	<p><b>Continue Using</b></p> <ul style="list-style-type: none"><li>- Tummy Time<ul style="list-style-type: none"><li>● See Belly Crawling for Infants</li></ul></li></ul> <p><b>Level 1</b></p> <ul style="list-style-type: none"><li>- Rolling</li></ul>  <p><b>Level 2</b></p> <ul style="list-style-type: none"><li>- Include a “reach”</li></ul> 

**S.M.A.R.T. Steps Rolling - Infants (6 wks-12 months)**

NOTE: Monitor infants for safety, ensure no small parts are mouthed



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## **S.M.A.R.T. Steps Rolling - Infants (6 wks-12 months)**

NOTE: Monitor infants for safety, ensure no small parts are mouthed

# S.M.A.R.T. Steps Rolling - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

Child Toddlers (1-2) Preschool (2-5) School Aged (5+)	Provider
<p><b>I am Learning Stage:</b></p> <ul style="list-style-type: none"><li>Initially the child may need assistance with rolling over, <u>but it is not to be taught.</u></li><li>The child's hands and/or legs may not be fully extended.</li></ul> <p><b>I am Working Stage:</b></p> <ul style="list-style-type: none"><li>The child may not roll straight.</li><li>The child may roll at a slower pace, as tolerated by the child.</li></ul> <p><b>I Have It Stage:</b></p> <ul style="list-style-type: none"><li>The child is able roll quickly and in a straight line.</li></ul>	<p><b>Level 1</b></p> <p><b>-Pencil Rolling (put hands over head)</b> Play first 20 seconds of video <a href="https://www.youtube.com/watch?v=OkoT9JLuPIU">https://www.youtube.com/watch?v=OkoT9JLuPIU</a></p>  <p><b>Level 2</b></p> <p><b>- Story time rolling (lay on bellies and roll to back at the page turn)</b> <b>NOTE: roll in the same direction)</b></p> 

**S.M.A.R.T. Steps Rolling - Toddlers, Preschool, and School Aged**

**NOTE: Monitor toddlers for safety, ensure no small parts are mouthed**

**-Rolling on a beach towel**



**-Rolling on a line**



## S.M.A.R.T. Steps Rolling - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

- Roll to "Mash" the Potatoes (could also hold a potato masher)



-Rolling down a hill

[https://drive.google.com/file/d/1Ucm9qCZOeU4qQ54cS6\\_RDuttiaSCj5GR/view?usp=sharing](https://drive.google.com/file/d/1Ucm9qCZOeU4qQ54cS6_RDuttiaSCj5GR/view?usp=sharing)



## S.M.A.R.T. Steps Rolling - Toddlers, Preschool, and School Aged

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

### Level 3

#### - Rolling Bowling

(videos note: two show child missing the cans)

[https://drive.google.com/file/d/1SoPfq\\_SZRojSSwa4KAb9W8NFgGHZrVN/view?usp=sharing](https://drive.google.com/file/d/1SoPfq_SZRojSSwa4KAb9W8NFgGHZrVN/view?usp=sharing)

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**S.M.A.R.T. Steps Rolling - Toddlers, Preschool, and School Aged**

NOTE: Monitor toddlers for safety, ensure no small parts are mouthed

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## Balance Activities - Infants (6 wks-12 months)

\*Reference "A Moving Child Is A Learning Child" Pg 197 for additional activities

Child Infants (6wks-12mo)	Provider
<p><b>Emerging</b></p> <ul style="list-style-type: none"><li>● Tummy time</li><li>● Belly Crawling</li><li>● Crawling on Hands and Knees</li></ul> <p>-Keep out of "containers" when possible</p>    	<p><b>Continue Using</b></p> <ul style="list-style-type: none"><li>- Tummy time<ul style="list-style-type: none"><li>● See Belly Crawling Activities for Infants</li></ul></li><li>- Belly crawling<ul style="list-style-type: none"><li>● See Belly Crawling Activities for Infants</li></ul></li><li>- Crawling on Hands and Knees<ul style="list-style-type: none"><li>● See Crawling on Hands and Knees for Infants</li></ul></li></ul> <p><b>Level 1</b></p> <p><b>Level 2</b></p> <ul style="list-style-type: none"><li>- Balance on Providers leg</li></ul> 

## Balance Activities - Infants (6 wks-12 months)



### Level 3

- Balancing on exercise ball  
(provider involvement required)



# Balance Activities - Toddlers, Preschool, and School Aged

\*Reference "A Moving Child Is A Learning Child" Pg 197 for additional activities

Child Toddlers (1-2) Preschool (2-5) School Aged (5+)	Provider
<p><b>I am Learning Stage:</b></p> <ul style="list-style-type: none"><li>• The child may take wider steps.</li><li>• The child may be wobbly or unable to maintain their balance.</li></ul> <p><b>I am Working Stage:</b></p> <ul style="list-style-type: none"><li>• The child may be able to maintain their balance for most, but not the full, length, of the activity.</li></ul> <p><b>I Have It Stage:</b></p> <ul style="list-style-type: none"><li>• The children are able to maintain their balance the entire length of the activity.</li></ul>	<p><b>Level 1</b></p> <p>- <b>Stepping over items</b> (standing on one foot supports balance foundation)</p>  <p>- <b>Heel to toe walking on cracks/lines in the sidewalk</b></p> 

# Balance Activities - Toddlers, Preschool, and School Aged

## - Strike a pose on one foot



## - Heel to toe walking on painter's tape



## Balance Activities - Toddlers, Preschool, and School Aged

- Heel to toe walking on playground edging or on a log  
(monitor for safety-items must be on the ground, no water underneath)



- Heel to toe on the flooring threshold

## Balance Activities - Toddlers, Preschool, and School Aged



### - Heel to toe walking on painter's tape/two lines spaced apart

<https://drive.google.com/drive/u/0/folders/1CkBcdlq4Zt6EhfKGth9vwOSKxybZOImI>



## Balance Activities - Toddlers, Preschool, and School Aged

### Level 2

- Heel to toe walking on footprint path/dinosaur stomp, etc.



- Heel to toe walking on seasonal images (Leaves, Snowflake, etc)



- Heel to toe walking on Pool Noodle

blob: <https://www.andnextcomesl.com/cc81a7ce-4c00-4aac-b360-45486e6171fd>



## Balance Activities - Toddlers, Preschool, and School Aged



- Heel to toe walking on Yardsticks (use Velcro to secure to carpet)



## Balance Activities - Toddlers, Preschool, and School Aged

- Heel to toe walking on a Jump Rope

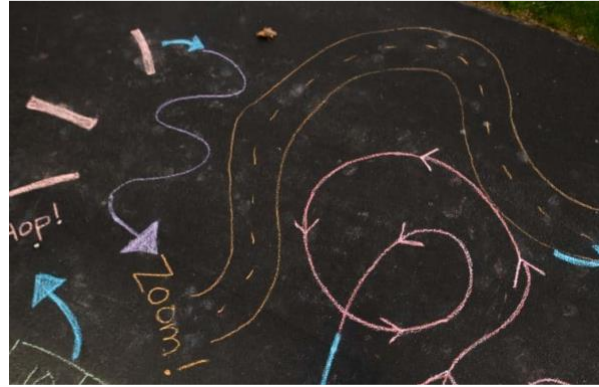


- Walking while balancing a plastic egg on a spoon



## Balance Activities - Toddlers, Preschool, and School Aged

- Heel to toe walking on sidewalk chalk



- Heel to toe walking on patterns in the grass

(Adult spray paint and use non-toxic paint - safe for children.)



- Balancing on a board and pool noodle

## Balance Activities - Toddlers, Preschool, and School Aged



- Heel to toe walking with a bean bag or stuffed toy on head to slow down



- Balancing on a ball  
(monitor for safety)

## Balance Activities - Toddlers, Preschool, and School Aged



### Level 3

- Heel to toe walking on Yardsticks-side by side



- Heel to toe walking on two 4x4s side by side

## Balance Activities - Toddlers, Preschool, and School Aged



- Heel to toe walking on a 2x4 beam



- Heel to toe walking on a 2X4 beam

## Balance Activities - Toddlers, Preschool, and School Aged



### - Balance Block Walk



### - Heel to toe walking on a 2x4 with construction paper underneath

## Balance Activities - Toddlers, Preschool, and School Aged



- **Heel to toe walking on Commercial Balance Beam**  
(walmart.com \$65.99, folds in half for storage)





**Balance Activities - Toddlers, Preschool, and School Aged**





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## Balance Activities - Toddlers, Preschool, and School Aged

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## Jumping & Hopping Activities - Infants (6 wks-12 months)

\*Reference "A Moving Child Is A Learning Child" Pg 197 for additional activities

<b>Child</b> Infants (6wks-12mo)	<b>Provider</b>
<p><b>Emerging</b></p> <ul style="list-style-type: none"> <li>● Tummy time</li> <li>● Belly Crawling</li> <li>● Crawling on Hands and Knees</li> </ul> <p>-Keep out of "containers" when possible</p>    	<p><b>Continue Using</b></p> <ul style="list-style-type: none"> <li>- Tummy time                             <ul style="list-style-type: none"> <li>● See Belly Crawling Activities for Infants</li> </ul> </li> <li>- Belly crawling                             <ul style="list-style-type: none"> <li>● See Belly Crawling Activities for Infants</li> </ul> </li> <li>- Crawling on Hands and Knees                              See Crawling on Hands and Knees for Infants</li> </ul> <p><b>Level 1</b></p> <p><b>Level 2</b></p> <p><b>Level 3</b></p>

## Jumping & Hopping Activities - Infants (6 wks-12 months)

# Jumping & Hopping Activities - Toddlers, Preschool, and School Aged

<b>Child</b> Toddlers (1-2) Preschool (2-5) School Aged (5+)	<b>Provider</b>
<p><b>I am Learning Stage:</b></p> <ul style="list-style-type: none"><li>• The child may be able to intermittently jump with both feet off the ground.</li></ul> <p><b>I am Working Stage:</b></p> <ul style="list-style-type: none"><li>• The child can constantly and intentionally jump with both feet off the ground.</li><li>• The child can intermittently alternate hopping with one foot and then jumping with two feet.</li></ul> <p><b>I Have It Stage:</b></p> <ul style="list-style-type: none"><li>• The children can constantly and intentionally alternate hopping with one foot and then jumping with two feet.</li></ul>	<p><b>Level 1</b></p> <p><b>- Bunny Hop</b></p> <p><a href="https://youtu.be/DjFd-Wj0OSs">https://youtu.be/DjFd-Wj0OSs</a></p>  <p><b>- Jumping over sidewalk cracks</b></p>  <p><b>- Puddle Jumping</b></p>

## Jumping & Hopping Activities - Toddlers, Preschool, and School Aged



### Level 2

- Jumping and Hopping with Finger Poems

No more monkeys jumping on the bed (mattress on the floor)



- Hop on Socks

# Jumping & Hopping Activities - Toddlers, Preschool, and School Aged



- Jumping on pillows



Hopscotch with Sidewalk Chalk

Jumping & Hopping Activities - Toddlers, Preschool, and School Aged



- Bunny Hop (on bunnies)



## Jumping & Hopping Activities - Toddlers, Preschool, and School Aged

Foamies or printed bunnies on paper



- Kangaroos

[https://youtu.be/Ht6Pt\\_8Epgs](https://youtu.be/Ht6Pt_8Epgs)

<https://youtu.be/YKRve3OLuN0>



- Bubble wrap hopping

# Jumping & Hopping Activities - Toddlers, Preschool, and School Aged



- Lily Pad Hop



Leap Frog

# Jumping & Hopping Activities - Toddlers, Preschool, and School Aged

<https://youtu.be/DUe5IC982HM>

<https://youtu.be/KfoXOxUgENE>



## Level 3

### - Poly Spots (may slip on some surfaces)

Haploon 10Pcs Poly Spots, 9 Inch Non Slip Floor Dots Sport Set for Drills Training Soccer Football Basketball Footwork Kids School Teaching Marker Field

[https://www.amazon.com/dp/B084SPR83R/ref=cm\\_sw\\_r\\_em\\_api\\_fabt1\\_CSRUFbSW3WKZ8](https://www.amazon.com/dp/B084SPR83R/ref=cm_sw_r_em_api_fabt1_CSRUFbSW3WKZ8)



### - Hippy Hop

<https://www.amazon.com/WALIKI-Hippy-Hopping-Kangaroo->

## Jumping & Hopping Activities - Toddlers, Preschool, and School Aged

Included/dp/B00P2VPI1S/ref=sr\_1\_5?dchild=1&keywords=hippity+hop&qid=1612666076&sr=8-5



### - Pogo Jumper

[https://www.amazon.com/Flybar-Jumper-Toddlers-Durable-Supports/dp/B00WTDXSDM/ref=sr\\_1\\_1?dchild=1&keywords=bungee+jumper&qid=1612380088&sr=8-1](https://www.amazon.com/Flybar-Jumper-Toddlers-Durable-Supports/dp/B00WTDXSDM/ref=sr_1_1?dchild=1&keywords=bungee+jumper&qid=1612380088&sr=8-1)

Video: [https://drive.google.com/drive/u/0/folders/1IGzPZD21BpRBIDm9cr83lu\\_bAzqx4lja](https://drive.google.com/drive/u/0/folders/1IGzPZD21BpRBIDm9cr83lu_bAzqx4lja)



### - Hula hoop hop

# Jumping & Hopping Activities - Toddlers, Preschool, and School Aged

Dollar store hula hoop



- Pool noodle, paint stick, painter's tape line jumping

Jumping & Hopping Activities - Toddlers, Preschool, and School Aged



- Hopscotch Rug



- Jumping Rope

## Jumping & Hopping Activities - Toddlers, Preschool, and School Aged

Jump rope rhymes

Mable Mable set the table




**Jumping & Hopping Activities - Toddlers, Preschool, and School Aged**

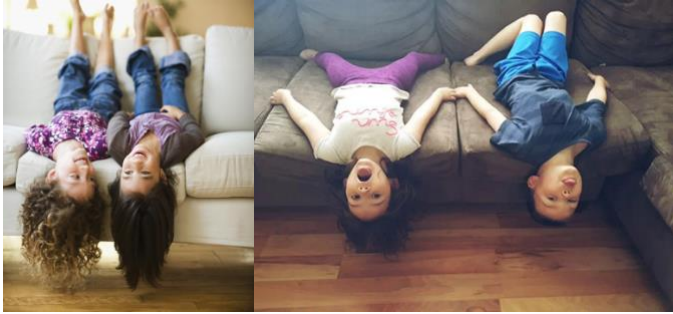


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## S.M.A.R.T. Steps Topsy Turvy Activities - Infants (6 wks-12 months)

Child Infants (6wks-12mo)	Provider
<p><b>Emerging</b></p> <ul style="list-style-type: none"><li>● Tummy Time</li><li>● Belly Crawling</li><li>● Crawling on Hands and Knees</li></ul> <p><b>-Keep out of “containers” when possible</b></p> 	<p><b>Continue Using</b></p> <ul style="list-style-type: none"><li>- Tummy Time<ul style="list-style-type: none"><li>● See Belly Crawling Activities for Infants</li></ul></li><li>- Belly Crawling<ul style="list-style-type: none"><li>● See Belly Crawling Activities for Infants</li></ul></li><li>- Crawling on Hands and Knees<ul style="list-style-type: none"><li>● See Crawling on Hands and Knees for Infants</li></ul></li></ul>

# S.M.A.R.T. Steps Topsy Turvy Activities - Toddlers, Preschool, and School Aged

<b>Child</b> Toddlers (1-2) Preschool (2-5) School Aged (5+)	<b>Provider</b>
<p><b>I am Learning Stage:</b></p> <ul style="list-style-type: none"><li>Initially <u>some</u> children may experience discomfort when doing Topsy Turvy activities. The child may participate at a slower pace, as tolerated by the child.</li></ul> <p><b>I am Working Stage:</b></p> <ul style="list-style-type: none"><li>The child may get very dizzy when participating in Topsy Turvy activities.</li><li>The child may be very wobbly when stopping. With enough exposure to Topsy Turvy activities, at the child's pace, this will decrease.</li></ul> <p><b>I Have It Stage:</b></p> <ul style="list-style-type: none"><li>The child can participate in Topsy Turvy activities with balance and control.</li></ul>	<p><b>Level 1</b></p> <p><b>- Hang Upside Downs</b></p>   <p><b>- Twirling</b></p> 

S.M.A.R.T. Steps Topsy Turvy Activities - Toddlers, Preschool, and School Aged

- Downward Dog



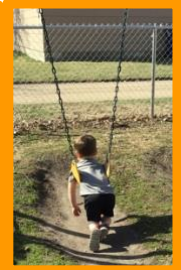
Level 2

- Rocking Chair



- Swings

# S.M.A.R.T. Steps Topsy Turvy Activities - Toddlers, Preschool, and School Aged



## - Slides



## - Hanging from a bar

S.M.A.R.T. Steps Topsy Turvy Activities - Toddlers, Preschool, and School Aged



**Level 3**

**- Sit and Spin**



**S.M.A.R.T. Steps Topsy Turvy Activities - Toddlers, Preschool, and School Aged**

**- Teeter Totter**



**- Balance Bike**



**- Hippity Hop**

**S.M.A.R.T. Steps Topsy Turvy Activities - Toddlers, Preschool, and School Aged**



**- Moon Shoes**



**- Walking Stilts**

## S.M.A.R.T. Steps Topsy Turvy Activities - Toddlers, Preschool, and School Aged



### - Pogo Jumper

Video of cute child using Pogo Jumper

[https://drive.google.com/file/d/11vWFkVjB0\\_4ug3dHICdZkSZl5I2vyNX-/view?usp=sharing](https://drive.google.com/file/d/11vWFkVjB0_4ug3dHICdZkSZl5I2vyNX-/view?usp=sharing)



My First Foam Pogo Jumper for Kidss

[https://www.amazon.com/dp/B00WTDXSDM/ref=cm\\_sw\\_r\\_em\\_api\\_fabt1-wSUFbE9NQEOB](https://www.amazon.com/dp/B00WTDXSDM/ref=cm_sw_r_em_api_fabt1-wSUFbE9NQEOB)

### - Wooden Rocking Boat



S.M.A.R.T. Steps Topsy Turvy Activities - Toddlers, Preschool, and School Aged



- Rocking Horse



- Exercise Ball

S.M.A.R.T. Steps Topsy Turvy Activities - Toddlers, Preschool, and School Aged





- Bilibo Seat



**S.M.A.R.T. Steps Topsy Turvy Activities - Toddlers, Preschool, and School Aged**

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## S.M.A.R.T. Steps Criss Cross Activities - Infants (6 wks-12 months)

Child Infants (6wks-12mo)	Provider
<p><b>Emerging</b></p> <ul style="list-style-type: none"><li>● Tummy Time</li><li>● Belly Crawling</li><li>● Rolling</li><li>● Crawling on Hands and Knees</li></ul> <p><b>-Keep out of "containers" when possible</b></p> 	<p><b>Continue Using</b></p> <ul style="list-style-type: none"><li>- Tummy Time<ul style="list-style-type: none"><li>● See Belly Crawling Activities for Infants</li></ul></li><li>- Belly Crawling<ul style="list-style-type: none"><li>● See Belly Crawling Activities for Infants</li></ul></li><li>- Rolling<ul style="list-style-type: none"><li>● See Rolling Activities for Infants</li></ul></li><li>- Crawling on Hands and Knees<ul style="list-style-type: none"><li>● See Crawling on Hands and Knees for Infants</li></ul></li></ul> <p><b>Level 1</b></p> <ul style="list-style-type: none"><li>- Reaching for Toys</li></ul> 

**S.M.A.R.T. Steps Criss Cross Activities - Infants (6 wks-12 months)**

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# Criss Cross Activities - Toddlers, Preschool, and School Aged

<b>Child</b> Toddlers (1-2) Preschool (2-5) School Aged (5+)	<b>Provider</b>
<p><b>I am Learning Stage:</b></p> <ul style="list-style-type: none"><li>Initially <u>some</u> children may not be able to cross over the middle of their bodies.</li></ul> <p><b>I am Working Stage:</b></p> <ul style="list-style-type: none"><li>The child may be able to cross over the middle of their body some of the time or may have segmented movements during activities. With enough exposure this will mature.</li></ul> <p><b>I Have It Stage:</b></p> <ul style="list-style-type: none"><li>The children are able to cross over the middle of their bodies.</li></ul>	<p><b>Level 1</b></p> <p><b>- Sweeping</b></p>  <p><b>- Hot Potato Game</b></p>  <p><b>- Yoga (Cosmic Kids on youtube)</b></p>

## Criss Cross Activities - Toddlers, Preschool, and School Aged



### Level 2

- Waving Bubble Wands back and forth

Kristi getting a video



- Grocery Sort (with or without a spoon/tool)

## Criss Cross Activities - Toddlers, Preschool, and School Aged



- Drums (drumsticks could be plastic spoons)



- Rainbows



## Criss Cross Activities - Toddlers, Preschool, and School Aged

Crossing the Midline  
with Rainbow Drawing!



Your Kids OT



sugaraunts.com

### Level 3

- Sweeping to a spot (spots can be any shape)




- Streamers and Scarves

# Criss Cross Activities - Toddlers, Preschool, and School Aged

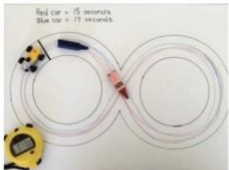



## - Figure 8 Car or Train Game



**FREE PRINTABLES** 

Lazy Eight Handwriting Grand Prix Fine Motor Skill Builder

 <p>Red car = 15 seconds Blue car = 15 seconds</p>	 <p>Red 20 seconds Blue 15 seconds</p>
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## - Twister Game

## Criss Cross Activities - Toddlers, Preschool, and School Aged



- Cone Stack (could be done with cups, bowls, etc)



- Large Abacus - (Could be made using chunks of pool noodles to avoid choking hazard)



**Criss Cross Activities - Toddlers, Preschool, and School Aged**



**Criss Cross Activities - Toddlers, Preschool, and School Aged**

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## S.M.A.R.T. Steps Vision Activities - Infants (6 wks-12 months)

<b>Child</b> Infants (6wks-12mo)	<b>Provider</b>
<p><b>Emerging</b></p> <ul style="list-style-type: none"> <li>● Tummy Time</li> <li>● Belly Crawling</li> <li>● Rolling</li> <li>● Crawling on Hands and Knees</li> </ul> <p><b>-Keep out of “containers” when possible</b></p> 	<p><b>Continue Using</b></p> <ul style="list-style-type: none"> <li>- Tummy Time                             <ul style="list-style-type: none"> <li>● See Belly Crawling Activities for Infants</li> </ul> </li> <li>- Belly Crawling                             <ul style="list-style-type: none"> <li>● See Belly Crawling Activities for Infants</li> </ul> </li> <li>- Rolling                             <ul style="list-style-type: none"> <li>● See Rolling Activities for Infants</li> </ul> </li> <li>- Crawling on Hands and Knees                             <ul style="list-style-type: none"> <li>● See Crawling on Hands and Knees for Infants</li> </ul> </li> </ul> <p><b>Level 1</b></p> <ul style="list-style-type: none"> <li>- Playing with Toys: grasp, roll, pick up, push, pull, bang, throw, squeeze</li> </ul>  <ul style="list-style-type: none"> <li>- Dropping and picking up toys/items</li> </ul>

## S.M.A.R.T. Steps Vision Activities - Infants (6 wks-12 months)



- Slowly Roll Balls for them to follow and stop



- Play Hide-and-Seek and/or Peek a Boo

S.M.A.R.T. Steps Vision Activities - Infants (6 wks-12 months)





erstock.com · 672435157





# S.M.A.R.T. Steps Vision Activities - Toddlers, Preschool, and School Aged

<b>Child</b> Toddlers (1-2) Preschool (2-5) School Aged (5+)	<b>Provider</b>
	<p data-bbox="521 426 607 457"><b>Level 1</b></p> <p data-bbox="521 468 941 499"><b>- Tracking and/or Popping Bubbles</b></p> <div data-bbox="521 504 1313 791"></div> <p data-bbox="521 1129 695 1161"><b>- Toy Tracking</b></p> <div data-bbox="521 1165 964 1547"></div>

S.M.A.R.T. Steps Vision Activities - Toddlers, Preschool, and School Aged

- Puzzles



- Playing with Balls/Cars



# S.M.A.R.T. Steps Vision Activities - Toddlers, Preschool, and School Aged

-Scribbling: child's eyes follow the writing tool



Who, me?



Level 2

# S.M.A.R.T. Steps Vision Activities - Toddlers, Preschool, and School Aged

## - Balloon Tapping



## - Memory Matching

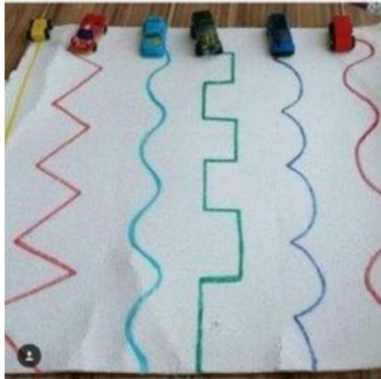


- I Spy (could also be done around a room, on the way to the park, etc)

S.M.A.R.T. Steps Vision Activities - Toddlers, Preschool, and School Aged



- Mazes



- Ball and Box Game

# S.M.A.R.T. Steps Vision Activities - Toddlers, Preschool, and School Aged

<https://www.pinterest.com/pin/323203710759948561/>



## Level 3

### - Shape Sorting



### - Matching Games

S.M.A.R.T. Steps Vision Activities - Toddlers, Preschool, and School Aged



- Hidden Pictures, Same/Different Pictures, Spot It Game







**S.M.A.R.T. Steps Vision Activities - Toddlers, Preschool, and School Aged**

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# S.M.A.R.T. Steps Auditory Activities - Infants (6 wks-12 months)



<b>Child</b> Infants (6wks-12mo)	<b>Provider</b>
<p><b>Emerging</b></p> <ul style="list-style-type: none"> <li>● Tummy Time</li> <li>● Belly Crawling</li> <li>● Rolling</li> <li>● Crawling on Hands and Knees</li> </ul> <p>-Keep out of “containers” when possible</p> 	<p><b>Continue Using</b></p> <ul style="list-style-type: none"> <li>- Tummy Time                             <ul style="list-style-type: none"> <li>● See Belly Crawling Activities for Infants</li> </ul> </li> <li>- Belly Crawling                             <ul style="list-style-type: none"> <li>● See Belly Crawling Activities for Infants</li> </ul> </li> <li>- Rolling                             <ul style="list-style-type: none"> <li>● See Rolling Activities for Infants</li> </ul> </li> <li>- Crawling on Hands and Knees                             <ul style="list-style-type: none"> <li>● See Crawling on Hands and Knees for Infants</li> </ul> </li> </ul> <p><b>Level 1</b></p> <ul style="list-style-type: none"> <li>- Use simple words and sentences about clothing, food, toys, and baby</li> </ul> 

**S.M.A.R.T. Steps Auditory Activities - Infants (6 wks-12 months)**

**- Talk to Baby frequently so they can associate experiences with words**



S.M.A.R.T. Steps Auditory Activities - Infants (6 wks-12 months)

- Read books



S.M.A.R.T. Steps Auditory Activities - Infants (6 wks-12 months)

- Playing Pat a cake



Level 2

- Pots and Pans Band




S.M.A.R.T. Steps Auditory Activities - Infants (6 wks-12 months)

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# S.M.A.R.T. Steps Auditory Activities – Toddlers, Preschool, and School Aged



Child Toddlers (1-2) Preschool (2-5) School Aged (5+)	Provider
	<p><b>Level 1</b></p> <p>- Talk everything: use names for actions and objects</p> 

**S.M.A.R.T. Steps Auditory Activities –  
Toddlers, Preschool, and School Aged**

**- Reading Books**



**- Point out Rhyming and/or Alliteration in books and other times.**





## S.M.A.R.T. Steps Auditory Activities – Toddlers, Preschool, and School Aged

- Adding on Games (We're going to the Grocery Store type game)



- Sound Walk (done without a page) Going on a walk, provider says: I hear a car, geese, dog barking, leaf blower, semi-truck, motorcycle)



**S.M.A.R.T. Steps Auditory Activities –  
Toddlers, Preschool, and School Aged**

**- Singing Songs/Sing along**



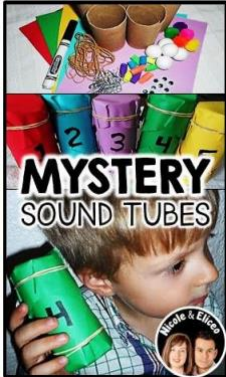
**Level 2**

**- Egg Shakers**



**S.M.A.R.T. Steps Auditory Activities –  
Toddlers, Preschool, and School Aged**

**- Sound Tubes**



**- Sound Matching Games**



S.M.A.R.T. Steps Auditory Activities –  
Toddlers, Preschool, and School Aged

- Action Songs



**ACTION SONGS**  
FOR BABIES, TODDLERS AND PRESCHOOLERS



**S.M.A.R.T. Steps Auditory Activities –  
Toddlers, Preschool, and School Aged**

**- Hand Clapping/Clapping Rhythm Games**



**- Finger Plays**



S.M.A.R.T. Steps Auditory Activities –  
Toddlers, Preschool, and School Aged

**Level 3**

**- Maracas**



**- Pots and Pans Band**



# S.M.A.R.T. Steps Auditory Activities – Toddlers, Preschool, and School Aged

## - Interactive Auditory Games for Kids on Youtube



... wish I sai... Save

[youtube.com](https://www.youtube.com)  
**Farm Animal Sounds - An Interactive  
Game for Kids**

**S.M.A.R.T. Steps Auditory Activities –  
Toddlers, Preschool, and School Aged**

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**S.M.A.R.T. Steps Auditory Activities –  
Toddlers, Preschool, and School Aged**