

CHILDREN'S HOME SOCIETY OF CALIFORNIA

Family Child Care Home Education Network (FCCHEN)
Parent and Provider Resource: Activities for Distance Learning

Movement Activities

The following activity will support your child's learning while they are at home. Talk to your child and ask questions as you play. As your child listens to you, your child builds language and social skills, further reinforcing the concepts you are teaching. Match activities to your child's favorite books, songs, or toys to make them more meaningful learning experiences. Visit our website at www.chs-ca.org and click on the News and Events tab for more learning resources.

INFANTS - Activity: Move that Body

What you need:

- Blanket to lie on if you choose to do the activity outdoors

What to do:

- Spread the blanket on the ground
- Lay infants on their backs, or invite mobile infants to sit on the blanket
- Begin to chant: *Shake, shake, shake; shake those arms.* Shake your arms and then repeat the chant as you gently help infants shake their arms
- Continue the chant with more body parts, or change the type of movement. For example: *Shake those legs, bend those knees, curl those toes, pat that tummy, touch that nose*
- Remember to be gentle with infants when you help them move. Ask, "Can I help you move like me?" If infants resist the movement by holding themselves stiff or arching their backs, then let them watch you do the movements instead and try again later

What the activity does:

- Develops body awareness
- Strengthens large and small muscles
- Introduces vocabulary for body parts and moving
- Builds the relationship between adult and infant through eye contact, touch, and voice



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