



Exercises

Ages 1 year to 2 years

Objective: The child shows response to physical activity when shown or put in certain positions.

Materials needed:

Fun music

Exercise Cards (print from resources page)

Procedures

1. Turn on the music and let your child move freely to the sounds they hear.
2. Watch their responses to fast music, slow music, loud and soft music. See if they take to one or the other more so.
3. Now show them the exercise cards. See if they respond by mimicking the pictures on the cards. Repeat until all cards are gone.
4. If they do not mimic, you give them verbal directions of exercise positions to do with you. Stand up, touch your toes, jump up and



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Down. Touch your head, shoulders, knees, and toes. Run fast. March-two- three-four!

5. For really young infants (6-8 months) You can do these same exercises with them, but do them for them, such as make their legs run in place, stretch their arms up real high, or hold them and jump them up and down. They learn the concept of what it is and what they are suppose to do through language association.

Milestones to meet:

The child can move to visual cues and uses gross-motor skills to influence development.

Evaluation:

Did this lesson work for your child? Why or why not? Email me if you have any questions about this activity.