

GROSS MOTOR ACTIVITIES FOR INFANTS AND TODDLERS

TODDLER YOGA

Our toddlers' first introduction to yoga was them imitating my movements alongside my mat on a typical morning and from there we have slowly built their skills. If you think your child would enjoy moving their body in a different way, feel free to introduce them to yoga independently of any workout you may do.

Here are some tips to start simple yoga with toddlers:

- Prepare a quiet space with mats or blankets to stand on.
- Invite them to imitate simple poses such as Tree Pose or Downward Dog.
- Having a book to follow may help engage them further. One of our favorites is "[Little Yoga: A Toddler's First Book of Yoga](#)" by Rebecca Whitford and Martina Selway. Or search on Youtube for a toddler yoga video.
- Try to have fun, follow their lead, and not worry too much about them getting it "right."
- End by teaching them to say *Namaste* to each other.

UP AND DOWN OBSTACLE COURSE

Toddlers will be working on understanding the concepts of up and down, while they practice the gross motor skill of stepping up and down.

Set Up:

Position your boxes and stools around a room to create a course.

Activity:

Have your toddler line up behind you and demonstrate the course for them with energetic "up!" and "down!" as you go over the obstacles. From there encourage them to do it again and again.

FINDING CIRCLES

This is a toddler activity that combines shape recognition, flashlight play, and movement.

To Prepare:

Cut out some circles with Construction Paper
Tape them around your classroom or home at varying heights and spaces.
Consider positional words when placing (up, down, under, above, etc)
Gather Flashlights – one for each child

Activity:

Invite your child to go on a Circle Hunt with you. Give each child a flashlight and ask if they can shine their light on a circle. You may have to model this the first couple of times. Use language to describe where they find the circles and/or what color circle. For example, "you found a blue one above your head" or "that circle is next to the light switch" Soon you will have kids animated and running all over crying out "I found a circle!"