

Over, Under, Around

Make an “over, under, around” obstacle course for your one year old. You can use chairs, pillows, a line of tape on the floor, play equipment – anything safe for your child to walk around, climb on or crawl over. For example, you could start with a stack of pillows to crawl over, then drape two chairs with a blanket to crawl under, then line up a few objects to walk in and out of, such as more chairs, pillows, or baskets. Put a piece of masking tape on the floor at the end of your obstacle course for your child to crawl or step over. You will need to be the leader, showing your child how to go through the obstacle course, and cheering her on. If you have older children, she will have fun following them through the course too. Make up a silly song to sing together while you go through the obstacle course!

All the movement in this fun activity helps your one year old's body grow strong, and helps her become coordinated and learn about balance.



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one year old