

physical development

Support your child in the area of physical development!

Physical development involves:

- Having good muscle control and coordination (able to run, jump, climb, balance, skip, and play ball).
- Developing eye-hand coordination (in order to draw, trace, write, cut with children's scissors, stack, button, zip, and tie).
- Having good personal hygiene, such as washing hands, brushing teeth, and using tissues.
- Being aware of good safety habits.

When your child starts school, he will be more likely to do well if he is able to do these things.

You can help your child's physical development by doing the activities listed on the back of this card.

physical development

Activity Name	Age	Purpose	Things You Will Need
Pick-a-Pom-Pom	3-4	To improve your child's eye-hand coordination and strengthen her hand muscles.	<ul style="list-style-type: none"> ■ Plastic bowl ■ Clothes Pin ■ Ice-cube Tray ■ Pom-poms ■ Plastic tongs
Jump Rope Games	3-4	To strengthen your child's muscles and improve her balance and coordination.	<ul style="list-style-type: none"> ■ Jump Rope
Wash Our Hands	3-4	To help your child learn about basic hygiene and teach him how to wash his hands.	<ul style="list-style-type: none"> ■ Tub ■ Water ■ Liquid Soap ■ The book: <i>Wash Your Hands</i> by Tony Ross
Bean Bag Toss	3-4	To improve your child's eye-hand coordination, balance, and muscle coordination.	<ul style="list-style-type: none"> ■ Bean bag
Hokey-Pokey	0-2	To increase your child's flexibility and strength.	

The School Readiness Activity Box Series, developed by Ready At Five, will help you build your child's skills in the seven Domains of Learning:

- Social & emotional development
- Physical development
- Language & literacy
- Mathematical thinking
- Scientific thinking
- Social studies
- The arts

To get activities in each of the above areas, visit www.readyatfive.org.



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physical
development

1

Improve your child's eye-hand coordination
and strengthen her hand muscles!

For preschoolers (3- and 4-year-olds)

pick-a-**pom-pom**

you will need

- Plastic bowl
- Clothes-pin
- Ice-cube tray
- Pom-poms
- Plastic tongs

Instructions

1. Place the pom-poms in the bowl and put the tray in front of your child. Tell your child that you'd like to play a game with her.
2. Show your child the bowl of pom-poms and the tongs. Show your child how the tongs open and close.
3. Next, show your child how to move the pom-poms from the bowl to the ice-cube tray using the tongs.
4. Ask your child if she'd like to try it. Say, "Can you move all of these pom-poms to the ice-cube tray?"
5. Have her move all the pom-poms, filling up each ice-cube slot. If the tongs are too difficult for your child, have her begin doing it with just her fingers.
6. Once she is able to do it with the tongs, show your child the clothespin and how to squeeze the clothespin to open it.
7. Let her try moving the pom-poms with the clothespin. At first, the clothespin may be difficult for your child to squeeze. If so, allow her to play this game often and practice with the clothespin to strengthen her hands. *Continued on back...*

pick-a-**pom-pom**

8. When she is finished, say, "Great job. I knew you could do it. You have really strong hands!"

Other Activities to Try

- Change the game each time you play. For example, ask your child to sort (move) the pom-poms by color or to see how fast your child can move the pom-poms using the tongs/clothespin.
- During breakfast or snack time, read the *Cheerios Play Book*. Have your child place the Cheerios on the missing places in the book.
- Play the game *Hi-Ho Cheerio* with your child. Make sure that your child moves his own cherries.
- Make an art project. Have your child use toothpicks and mini-marshmallows to create an animal, a flower, or another object.

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You can help your child's physical development by doing this activity with your child.

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2

Strengthen your child's muscles and improve her balance and coordination!

For preschoolers (3- and 4-year-olds)

jump rope **games**

you will need

- **Jump rope**

Instructions

1. Tell your child that you are going to play the Jump Rope Game with her.
2. Begin by laying the jump rope in a straight line on the floor.
3. Tell your child to pretend that she is in the circus and is the tightrope walker. Have her walk the tight rope with out falling off.
4. Once she is able to do this, have her try hopping along the jump rope.
5. Next, stand at one end of the rope and have your child stand at the other end. Ask your child to jump toward you. See how far she can jump.
6. Now, lay the jump rope in a circle on the floor. Say, "Can you jump into the circle?" Once your child has done this, ask: "Can you put your hands on your shoulders and jump out of the circle?"
7. Next, ask your child to try hopping into the circle on one foot. Once she is able to do this, ask her to hop into the circle on one foot and hop out of the circle without putting her foot down.

Continued on back...

jump rope **games**

- Expand on these steps by giving your child other directions to follow. Think of the many ways that you can ask your child to move (jumping, hopping, and tiptoeing).

Other Activities to Try

- Show your child how to “jump rope.” You may even want to have your child jump rope to music.
- As often as possible, encourage your child to move! Play the “Hokey-Pokey!” Take your child outside. Together, you might want to skip down the block, walk backwards, swing on a swing, climb up the ladder and slide down the slide, and run around the park. You can even make a game out of physical play by saying, “Let’s see how fast you can run!”
- Have your child pretend to be different animals, such as a tiger on all fours, a bird flapping his wings or an elephant with a long trunk.

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3

Help your child learn about basic hygiene (health) and teach him how to wash his hands!

For preschoolers (3- and 4-year-olds)

wash our hands

you will need

- The book: *Wash Your Hands* by Tony Ross
- Liquid soap
- Tub or sink

Instructions

1. Ask your child, "What is a germ?" Tell your child that germs are things we can't see, but they can make us sick. Tell your child that we get lots of germs on our hands because we touch many things.
2. Tell your child that you are going to read him a story about germs and washing hands. Read your child the book, *Wash Your Hands*.
3. Say, "It is really important to wash our hands to get the germs off of our hands. I am going to teach you how to wash your hands."
4. Show her the hand-washing chart. Ask her if she can guess what each of the steps is.
5. Explain the steps one by one:
 - First we get our hands wet.
 - Next, we put soap on our hands.
 - Now, we wash our hands by rubbing the soap all over, making it look like we have on soap gloves. Your child should lather for as long as it takes to sing the alphabet song. *Continued on back...*

wash our **hands**

- Rinse off the soap and dry hands with a paper towel.
 - Finally, we turn off the water with the paper towel.
6. Once you have explained the steps, move to the sink or tub. Have your child wash his hands along with you. Follow the steps.
 7. Finally, explain to your child all the times when it is important to wash our hands. Use the enclosed chart as a guide.

Other Activities to Try

- Have your child make a poster of hand-washing directions to put in the bathroom.
- Talk with your child about brushing his teeth. Have him brush his teeth twice a day.
- Talk with your child about healthy foods (apples, bananas, granola, carrots) and unhealthy foods (chips, cookies, candy).
Tell your child that healthy foods help you grow up big and strong! Have your child make a "Growing Foods" poster. Give your child magazines and ask her to find healthy foods, cut them out and paste them on the poster.

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4

Improve your child's eye-hand coordination, balance, and muscle coordination!

For preschoolers (3- and 4-year-olds)

bean bag **TOSS**

you will need

- A bean bag

Instructions

1. Show your child the bean bag and tell her you'd like to play a game with it.
2. Sit on the floor and ask your child to sit facing you. Say, "Let's play catch. I'll toss you the bean bag and you catch it. Then you can toss it to me, and I'll catch it." Gently toss the bean bag back and forth.
3. Next, suggest to your child that you and she stand up and toss the bean bag. Stand a few feet apart and begin tossing the bean bag back and forth.
4. Once your child is able to toss the bean bag back and forth a few times, say "Now, let's see how far apart we can get. Each time we catch the bean bag, we have to take one step back." See how far apart you can get.
5. Now, tell your child, "Let's try something else. Let's see how high in the air you can throw the bean bag." Let her try.

bean bag **toss**

Other Activities to Try

- Have her try to balance the bean bag on her head, shoulder, foot or knee.
- Cut a hole in a large piece of cardboard and have your child toss the beanbag through the hole.
- Play catch using a ball. Vary the size of the ball.
- Put a jump rope in a circle on the floor. Have your child toss the beanbag into the circle.
- Play baseball and basketball with your child.

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5

Increase your child's flexibility and strength!

For infants & toddlers (under age 2)

hokey-**pokey**

Instructions

1. Tell your child that you are going to play a game.
2. Hold your child on your lap.
3. Sing the hokey-pokey song to your child. Use this as an opportunity to gently move your baby's muscles.
4. As you sing, move your child's body parts with the music. For example, move your child's left hand when you sing:
Put your left hand in. Put your left hand out. Put your left hand in and shake it all about. You do the hokey-pokey and you turn yourself around. That's what it's all about.
5. Continue singing the song, changing the body parts each time.
6. As your child gets older, have her move her own body parts as you sing the song. Repeat the game many times so that your child can learn the words!

hokey-pokey

Other Activities to Try

- Allow your child to play with balls of different sizes. Gently roll the ball back and forth to your infant. As your child gets older, show your child how to toss and kick the ball.

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