



## PLAY!

### How can you play with a scarf?

- Toss and catch
- Dance and twirl
- Play dress-up
- Hide a baby's toy underneath
- Peek-a-boo!
- Pull out of boxes or tubes

Watch the  
video to learn  
more!

[bit.ly/PLGmove](http://bit.ly/PLGmove)

## Move & Learn With Me!

## LEARN!

Children need opportunities to develop their strength and coordination!

### Core strength

- Foundation for all other motor skills
- Allows us to sit upright and straight

### Coordination

- Hand-eye coordination to grasp and pick up objects
- Bi-lateral coordination helps both sides work together and reach across our body

### Fine Motor Control

- Encourage grasping, squeezing, and pinching
- Pincer grip to hold a pencil develops slowly

## GROW!

### Babies (0-18 months)

Tummy Time! Babies build their core strength by pushing up and rolling over. Babies can begin to develop fine motor control by grasping, holding, and shaking toys.

### Toddlers (18 months-3 years)

Gross motor skills develop first. Play games where toddlers can jump, balance, crawl, and spin!

Squeezing and rolling play dough strengthens finger muscles and builds fine motor control.

### Preschoolers (3-5 years)

Preschoolers are gaining coordination, challenge them to use their whole body to walk like a bear or crawl like a crab.

Refine fine motor skills by using tongs, tweezers, or fingers to pick up and sort small buttons and beads in a muffin tin.

Find more songs  
and fingerplays at  
[storyblocks.org](http://storyblocks.org)

Play, Learn & Grow

# LET'S CREATE

## Song Cubes

materials:

- empty square tissue or gift box
- clip art images from familiar songs
- glue stick
- scissors



1

Cut out the images to fit on one side of the box.

2

Glue one song image onto each side of the box.

3

*Optional:* To make it more sturdy, use packing tape around the edges.

### Let's play!

Toss the cube and sing the song! Remember to do the motions!

These songs practice fine and gross motor skills but you can make other activity cubes with different actions, traffic signs, or numbers to make new games.

### How can you play with a box?

**Tower stacking:** the different shapes and sizes of boxes adds an extra challenge to building a tower. How high can you go?

**Mystery box:** place a familiar toy or object in the box. Shake it, give clues, or let children feel and guess what is in the box.

**In and out:** babies and toddlers will love putting scarves or other objects into the box and pulling them out again.

**Box city:** preschoolers can help turn empty boxes into houses for their toys. What else can they imagine a box to be?

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