

Helpful Learning Activities for Children 24-30 Months Old

Focus on: *Gross Motor Development*



Acting on Directions.

Action is an important part of a child's life. Play a game with a ball where you give directions and your child does the actions, such as "Roll the ball." Kick, throw, push, bounce, and catch are other good actions. Take turns giving the directions.

Action Rhymes.

Many of your child's favorite nursery rhymes feature actions. Easy action rhymes include "Here We Go 'Round the Mulberry Bush," "Jack Be Nimble," "This Is the Way We Wash Our Clothes," "Ring Around the Rosy," and "London Bridge."

Dancing to Music.

Play both slow and fast music. Songs with speed changes are great. Show your child how to move fast or slow with the music. (You might find children's CDs at your local library.)



Make an Obstacle Course.

Use chairs, pillows, or large cartons. Tell your child to crawl over, under, through, behind, in front of, or between the objects. Be careful arranging so that the pieces won't tip and hurt your child.

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Focus on: *Gross Motor Development (cont'd)*

Playing in a Box.

Children can find endless uses for boxes. A box big enough for your child to fit in can become a car. An appliance box with holes cut for windows and a door can become your child's playhouse. Decorating the boxes with crayons, markers, or paints can be a fun activity to do together.



Play a Jumping Game.

When you take a walk, jump over the cracks in the sidewalk. You may have to hold your child and help her jump over at first.

Play Target Toss.

Use a large bucket or box and beanbags or balls. Help your child count how many she gets in the target. A ball of yarn or rolled-up socks also work well for an indoor target game.

Play "Follow the Leader."

Walk on tiptoes, walk backward, and walk slow or fast with big steps and little steps.