

*Appropriate for:*  
Infants, Young and Older Toddlers.

## Gross Motor Fun

### SUPPLIES NEEDED:

- Different size pillows
- Blanket
- Two chairs
- Mats

### INSTRUCTIONS:

- Create a tunnel by placing a blanket over two chairs (or other sturdy furniture).
- Lay the pillows and mats in an open area so the children can crawl over them.



### What the adult can do to support learning and development in these domains:

- Encourage the child to use muscles to crawl over, under and through.
- Provide colorful, interesting toys to move toward.
- Show delight when the child participates and support their efforts.
- Use descriptive language to talk to the child about what he/she is doing.
- Help the child problem solve or go another way if they are having difficulty.
- Provide supports that allow children with disabilities to participate like a scooter board.

### Examples of language that can be used between caregiver and child:

- “Sarah is using her arms and legs to move through the tunnel.”
- “Can you crawl over this pillow and get your doll?”
- “I am so happy you are having fun crawling on top of the pillows!”
- “What are some other ways to get to the dump truck?”
- “We can use this blanket to make the tunnel bigger!”

This activity highlights support for the following *NCFELD* domain:

Cognitive Development	Approaches to Play & Learning	Language Development & Communication	Emotional and Social Development	Health & Physical Development
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