



# Physical Development at Home Toddlers (15 mos. - 3 yrs.)

## How Children Learn

Toddlers are strengthening both their fine and gross motor abilities, using their senses to guide their movements. Physical development allows toddlers to practice independence as they begin to interact with the environment on their own.

## Activities & Experiences

Create fun ways to move from room to room (ex. giant steps, baby steps, hop, etc.)

Play Freeze Dance, and freeze or do something else (ex. fall down, stand on one foot) when the music stops.

Pretend to be different animals and imitate their movements.

Play balancing games (ex. walking along a piece of tape or over a pillow).

Go for a walk or visit a park to climb and run.

## How can we support exploration and social-emotional learning?

- Stimulate your toddler's imaginations as they move their body (ex. pretending to climb a mountain, swim in the ocean, jump over a puddle).
- Talk about the purposes of our body parts and how we get stronger by using our muscles.
- Encourage your child to help a friend or sibling by holding hands or figuring out a safe way to play together.

Let's pretend we are pancakes flip-flopping in the pan.

Wow, you're using your strong arms to lift that truck!

Patrick, do you want Jamie to hold your hand on the balance beam?