


## **All about me @ 2: Gross Motor Skills**

Activities to play with your child together, to support their development

<b>Example activity</b>	<b>Example image</b>
<p>Set up your own bowling game using plastic tumblers, tennis ball, cans or empty plastic bottles for bowling pins. Show your toddler how to roll the ball to knock down the pins and then let your toddler try.</p>	
<p>Give your toddler opportunities to climb into large cardboard boxes, explore a range of surfaces including flat and hilly ground and climb up steps, with your support and encouragement.</p>	
<p>Make your toddler an outdoor paint set by using a large wide paint brush and a bowl of water. Your toddler will have fun 'painting' the side of the house, a fence or a tree using large arm movements.</p>	
<p>Give your toddler some of your old clothes (hats, shirts, scarves, jewellery, handbags etc) to use for dressing-up. Make sure your toddler sees herself / himself in the mirror. Ask him / her, "Who are you today?"</p>	