

Physical Literacy Ideas for Infants

Do You See What I See?

Equipment:

Black and white or brightly coloured infant toy

Activity description:

Start by selecting a black and white or brightly coloured toy. Have your baby lay on his back and slowly move the toy from side to side to encourage your baby move his head and try to follow the moving toy.



Adjust the challenge:

Switch the baby to a tummy time position and see if your baby can follow the toy.

Activity modified from: LEAP BC (Literacy, Education, Activity and Play) Move Have a Ball Together!!

During this activity your baby will be working on a variety of skills, both physical and non-physical.

- Physical skills include: neck and shoulder muscle straightening and vision development
- Non-physical skills include: self-discovery

For more physical literacy activities for infants please visit:

<https://haveaballtogether.ca/activities/>



Have a Ball Together!