

Home activities... Little Harbour

Baby &
Pre-school
age 0-4



Active



Stimulation



Play



The basic principles of the activity & how you execute it

Position yourself either facing another adult or a solid surface, seated on the floor with legs out in front of you slightly apart.

Extend the arms and try to keep at shoulder height.

Place your toddler in between your arms, with their arms over your wrists.

Place a ball at their feet and encourage them to KICK-KICK-KICK – either to the solid surface, another adult or an older sibling.

They kick it back gently and toddler KICK-KICK-KICK again.



What you will need

Minimum need one adult, a toddler and a ball.

Could do with an older sibling and/or another adult.



Notes for parents

If you get tired you can move to supporting around the chest.

Helps to develop kicking skills and remembering the signals used in class.



Find out more information at puddleducks.com

