

Toddler Social-Emotional Learning: Balancing Act

Learning Value:

This activity promotes development and learning by encouraging children to maintain focus and sustain attention.

Materials Needed:

- ▶ Masking tape (or sidewalk chalk if outdoors)
- ▶ Yarn or string

Participants:

This activity is intended for adult/child interaction.



Directions:

Step 1: Secure a piece of masking tape (6 feet in length) to a wood, tile, or vinyl floor. Alternatively, lay a piece of string or yarn on the floor or draw a line with sidewalk chalk outdoors.

Step 2: Show your child how to balance and walk along the piece of tape.

Step 3: Ask your child to copy your movements. Increase the complexity of your movements, depending on your child's age and ability. Try crawling, jumping, or hopping along the tape. Walk backwards or sideways. Ask your child to think of movements to share with you.

Step 4: Try doing this activity outside on a patio or sidewalk. Notice your shadows. Do they change based on the direction the tape is turned or the time of day?