

Infant Movement: Pop Up Pillow

Learning Value:

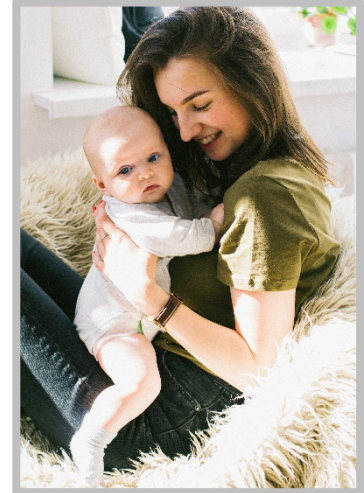
This activity promotes development and learning by encouraging children to use large muscles to move and balance own body.

Materials Needed:

A pillow large enough for the infant to sit on.

Participants:

This activity is intended for adult/child interaction:



Directions:

Sing "Pop Goes the Weasel," replacing weasel with the child's name.

Lyrics: <https://kidsongs.com/lyrics/pop-goes-the-weasel.html/>

When you sing, "Pop goes (child's name)," have the child jump up and stand on the pillow. Younger infants will need you to hold their hand and help them stand.

Repeat for as long as your child maintains interest.

Extension: Do this activity with any nursery rhyme or song; inserting your child's name into the lyrics. Your child will enjoy hearing their own name incorporated into songs and games.

Bright Horizons.

World at Home