

# MOVEMENT DICE

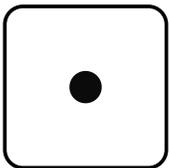


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Extension  Help Me Grow  
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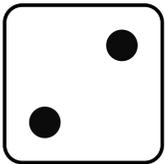
BIRTH TO 3

This primary developmental domain supported by this activity is large (gross) motor. When children jump, stretch and move their bodies they are building large muscles. Strong large motor skills support children's coordination, physical confidence and readiness for active play and learning. This activity also supports communication skills. As children listen to directions, name their movements and actions, and talk about what their bodies are doing they are building their vocabulary and strengthening comprehension and direction following skills. Infants and toddlers learn these skills at different ages. Adapt these activities as needed for your children's age and stage of development. Complete the ASQ-3 to learn more about your children's development.



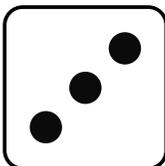
## STAND UP TALL LIKE A TREE

For babies that cannot stand- stand baby on your knees. With your hands around their body, gently hold them in a standing position. Let them support as much of their weight as they can to help strengthen legs and gain balance.



## HAVE A BALL

Your baby will enjoy playing with balls. You can sit across from them and roll a ball to them. Encourage them to roll it back. Clap your hands when they do!



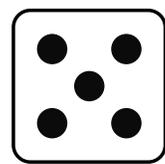
## SIT DOWN ON THE GROUND

For babies that cannot sit yet, sit on the ground and hold them upright in your lap, providing only as much support as necessary. This lets them practice independent sitting.



## FINGER WALK

Take a little walk with baby holding on to your finger. Baby can choose to hold on or to let go. Talk to baby about what you see and where you're going: "Let's walk over to those plants. Let's walk down the hall. You're a good walker!"



## BALANCE ON ONE OR TWO FEET

Assist your child by holding their hand, then ask them to stand on one foot. Now ask them to stand on the other foot. See if they can stand without holding your hand. Younger babies can practice balancing up on two feet!



## ROW THE BOAT

Sit him on your lap and use your body to rock back and forth. Play with him sitting opposite you on the floor. Hold hands and gently pull and push him to and from you.