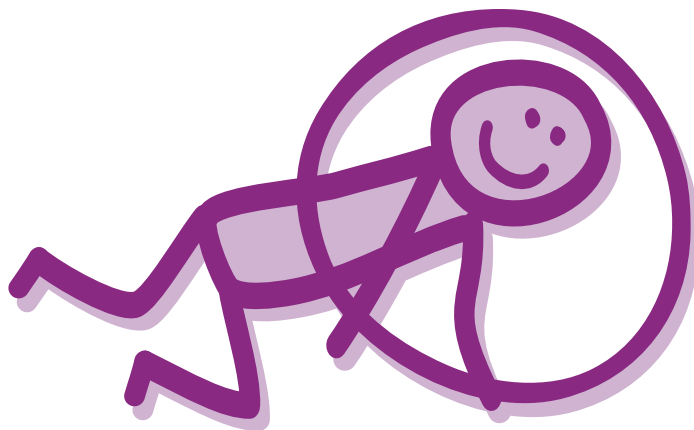


TUMBLING, ROLLING, CRAWLING & CLIMBING

- forward
- backward
- over
- under
- around
- through
- up
- down

- wiggling
- slithering
- cartwheeling
- creeping
- somersaulting
- sneaking
- surrounding
- dangling



READY, SET, TUMBLE AND ROLL!

Check out these books at your local library.

Over, Under, Around and Through
by Tina Hoban

Clap Your Hands
by Lorinda Bryan Cauley

Tumble, Bumble
by Felicia Bond

We're Going on a Bear Hunt
by Michael Rosen

Verdi
by Janell Cannon

Sometimes I Like to Curl Up in a Ball
by Vicki Churchill

The Day the Babies Crawled Away
by Peggy Rathmann

Dahlia
by Barbara McClintock

Inch by Inch — The Garden Song
by David Mallett

TUMBLING, ROLLING, CRAWLING & CLIMBING

Climb Over, Creep Under, Crawl Through

1 or more players

What you need: Large cardboard boxes, cushions or pillows, chairs or other furniture

How to: Create an obstacle course in the yard (or indoors if the weather is bad) by setting up a series of objects for your child to go over, under, around and through. Try opening both ends of a large box to create a tunnel to crawl through, stack chair cushions or bed pillows to climb over, line up lawn chairs to creep under. Use your creativity to add more obstacles!

Variations: Have your child move through the course going backward. You can also ask your child to crawl through like a crab, creep under like a spider, inch around like a worm, tumble over like a puppy or kitten, slither under like a snake, sneak through like a fox...check out the blue divider pages in this section of the book for more action words!



Hula Crawl

2 or more players

What you need: Large plastic hoop for each player (to make your own, see “Toys that Encourage Physical Play,” page 16)

How to: Hold a hoop upright and let your child crawl, creep or climb through it. Let your child practice going backward and forward, under and through.

Variation: Stand with your legs apart and let your child creep or crawl between them. If you have enough people, make a human tunnel!

Roll Like A Log, Tumble Like A Weed

1 or more players

How to: Roll, tumble, rollover, somersault, bend and stretch outside on a soft grassy area, in the leaves, or in the snow. Inside, try this on a mat, mattress, rug or blanket.

TUMBLING, ROLLING, CRAWLING & CLIMBING

Back Rock

1 or more players

How to: Have your child lie down on the ground on her back, pull her knees into her chest, and her arms around the knees. Ask her to rock back and forth along her spine, then roll from side to side.

Forward Roll

1 or more players

How to: Ask your child to squat on the ground or floor and place his hands flat in front of him on the floor. Have him press on the balls of his feet, stick his bottom up into the air, tuck his chin into his chest, place his head between his knees, and roll forward on the back of his head. To help him remember to keep his chin tucked in, you can have him hold a bean bag under his chin.

Footsie Roll

2 or more players — since this activity is done in pairs, you need an even number of players

How to: Have players pair up and lie on the ground or floor on their backs with the soles of their feet touching each other's. Ask one child to try rolling over without letting her feet come away from her partner's feet. Take turns being the partner who does the rolling.

Climb Every Mountain

1 or more players

How to: Find a grassy hill or tall snowbank and climb to the top. Roll or somersault back down. Then climb back up and do it again!

