

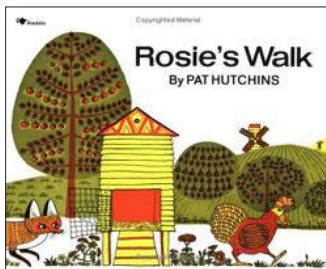
I won't fall

Let's play and talk together

- ❖ Create a straight line using a ribbon or scarf if you are indoors, or draw a line on the pavement outdoors. Use a large book or a strong box to make a step up at the end of the line.
- ❖ Show your child how to walk on the line with arms straight out at the sides for balance.
- ❖ Step up onto the step, turn half-way around, step down and walk back to the starting point along the same line.
- ❖ Encourage your child to walk the line, step up, turn, step down and walk back on his or her own.



A good read-together book



Rosie's Walk by Pat Hutchins

You will need a scarf, ribbon or piece of chalk to make a straight line, and a box or old telephone book for a step.

This activity helps develop strength, balance and coordination.

Hints for success

- ❖ Encourage your child to look forward rather than down at his or her feet.
- ❖ Let your child hold on to one of your hands at first.

See how I put my arms out to keep me steady?

Try looking ahead while you are walking.

Ways to say it

More ideas for I won't fall

Try this way

- ❖ Make the activity more challenging by keeping legs straight and toes pointed, with arms out to the sides.
- ❖ Practice walking along curbs at the playground or on logs at the beach.
- ❖ Take your child to a place where there are stepping stones to practice balancing while taking different-sized steps.



Little Feet

These little feet have learned to walk,
And now they've learned to run...
These little feet just love to dance,
They climb and have some fun...
These little feet don't want to rest,
They only want to play...
These little feet are busy feet,
They're on the go all day.

Anonymous