

Vroom Tips™ for Physical Activities

DROP THE BALL

6-12 Months



A fun outside game is "Drop the Ball." Give your child a safe object to hold onto and drop, like a ball or a crumbled piece of paper. If you pick it up, they will drop it again. "Down it falls. Up it comes." Keep up the game with new objects!

Brainy Background:

Building your child's ability to use their hands is important. They will use this ability at home, at play, and at school. In addition, they're learning to pay attention and to have self-control—also key skills for life.

FAST-SLOW RACE

2-3 years



Invite your child to have a "Fast-Slow Race." Find a starting line and count out loud together, "one, two, three!", then go! As you get going, call out "slow!" Can they adjust their speed? Give them a turn calling out "fast" or "slow." How fast can you go? How slow?

Brainy Background:

During a "Fast-Slow Race," your child is practicing listening to directions and responding as the game changes. These skills will help them manage feelings and actions, now and in the future.

UP-DOWN, SIDE-TO-SIDE

3-12 months



Sit on the floor holding your child on your knees. Gently move them up and down, side to side, and explain what's going on. "Now you're going up, up in the sky!" "Now you're moving over to the door," or "down, down to the ground." Make up new ones as you go!

Brainy Background:

As you bond and play with your child, you're sharing the joy of moving with them and introducing words that describe moving and where things are. These are important math concepts.

Find more tips at [Vroom.org](https://www.vroom.org)

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