

Up and Down, In and Out



Age 3 months +

Materials None

Setting On a soft blanket on the floor.

Description This is an interactive game in which the adult does movements with the child's arms or legs while saying the name of the movements using a sing-song voice. Begin by holding the infant's ankles and moving them up and down as you say/sing, "Up and down, up and down." Next, move the infant's legs in and out as you again sing or say the motion. Repeat with the arms. Additional movements include around and around, criss-cross, back and forth.

Learning Outcomes

Large Motor Skills Child begins to gain voluntary control of her or his entire body, as he/she explores using different parts of the body to maintain balance.

Social Emotional Development Child displays pleasure interacting with familiar adults, engaging in social games through playful, back and forth interactions.

Did You Know? Body awareness is the recognition, identification and differentiation of the location, movement and interrelationships of body parts and joints. It also refers to an awareness of the spatial orientation and perceived location of the body in the environment.

Movement Milestone Infant hand preferences begin appearing as early as 3 months, with a preference of hand use when making fists, grasping, reaching and manipulating objects; hand dominance appears around four years of age.

INFANTS