



Roll It Along

MOVE
PLAY &
LEARN

Age 12 months

Materials Ball

Setting A carpeted or cushioned surface

Description Seated across from the toddler, approximately three to four feet, with legs spread apart, say “Here comes the ball.” Child will trap the ball with his or her arms and chest. Encourage him or her to “Roll the ball to me.”

Learning Outcomes

Social Emotional Toddler is responsive in interactions with others and begins to build relationships. He or she engages in social games including playful give and take.

Large Motor Skills Toddler continues to develop gross (large) motor skills and builds skills in coordination, balance and body awareness. Toddler gains control of arm movements.

Did You Know?

Toddlers learn best through activity, especially activity that is based on their interests and experiences. Toddlers are also highly motivated by their caregivers’ enthusiastic participation, positive feedback and modeling. SHAPE America recommends that the caregiver use effective cues to support toddlers’ participation and development. He or she should consistently attend to toddlers’ communication, including both verbal and non-verbal signs. The caregiver should be sensitive to emotions conveyed even subtly in verbal and nonverbal communication, thus building a trusting and nurturing relationship. He or she should frequently provide encouragement, including facial, verbal and or nonverbal expressions to prompt toddlers’ physical participation. The caregiver may provide physical guidance and support as needed.

TODDLERS