



Snowstorm

Age 2 years and older

Materials Cotton balls, and a small basket, bag or bucket

Setting Wide-open space inside or outside

Description Throw cotton balls all around a room or an outside play area. Encourage toddlers to run around and pick them up. Once all the cotton balls are collected, scoop up the cotton balls from the bag or basket. Throw them up in the air so they fall down on the children. Children can be encouraged to collect them again.

Learning Outcomes

Fine (Small) Motor Skills: The toddler uses hands and fingers to control objects to demonstrate increasing fine motor coordination.

Large Motor Skills The toddler plays actively in the indoor or outdoor setting. *Movement:* Toddler demonstrates balance and body coordination. They are developing the ability to change positions smoothly as they move.

Did You Know? SHAPE America recommends that toddlers engage in a total of at least 30 minutes of structured physical activity each day. Caregivers can help young children to acquire age-appropriate motor skills by engaging them in short bouts of moderate- to-vigorous physical activity. Provide opportunities for activity that are child-directed, embedded in the daily routine, and planned or directed by an adult. Movement should be integrated with other learning opportunities throughout the day.

TODDLERS