



Sock Toss

MOVE
PLAY &
LEARN

Age 2 years and older

Materials Laundry basket or box and pairs of socks

Setting Open space

Description After folding the laundry, set aside matched socks. Place an empty laundry basket about two feet away. Model tossing socks underhand into the basket. Caregivers can emphasize turn taking by alternating with the toddler and narrating, “MY turn, YOUR turn.” Include practice counting while you and the toddler toss. Learn to identify socks by colors or to begin sorting by one attribute (such as color, size or solid/striped). For example, divide the socks into color piles before throwing them into the basket.

Learning Outcomes

Large Motor Skills The toddler begins to develop gross (large) motor skills involving coordination, balance and body awareness. He or she demonstrates increasing control of arm movements including overhand throwing towards large targets. He or she begins to develop eye-hand coordination.

Mathematics The toddler begins to develop an awareness of quantity by exploring materials and putting toys into containers of various sizes. He or she experiments with quantities and space and manipulates similar objects. He or she begins to imitate counting using some names or numbers.

Did You Know? Between 12 - 30 months, toddlers develop overhand throwing. At this early stage of development, the hand comes back by flexing the elbow and the throw is completed by extending the elbow. No trunk or foot motion is involved.

TODDLERS