



# Tunnel Time

MOVE  
PLAY &  
LEARN

**Age** 18 months and older

**Materials** Chairs, sheet or blanket or several pool noodles

**Setting** A wide-open space indoors or outdoors

**Description** Create a tunnel using chairs and a sheet or blanket. Another creative option is to place several pool noodles across two rows of chairs facing each other. Encourage children to crawl through the tunnel and to run around it. Narrate their actions while they are doing it.

## Learning Outcomes

**Large Motor Skills** The toddler actively explores a safe and supportive environment, both indoors and outdoors to expand motor skills. He or she demonstrates increasingly complex gross motor tasks involving coordination, balance and body awareness.

**Movement** The toddler demonstrates initiative and curiosity, exploring using movement, space and materials. Spatial Sense: Toddler begins to develop spatial sense by actively exploring physical space.

**Did You Know?** SHAPE America encourages caregivers to follow children's leads and interests. Child-initiated activity provides clues to their interests that can be useful in gaining their cooperation and collaboration on other tasks. Gain insights to children's interests by observing unstructured activities as well as consulting family members. Use children's interests including high preference objects and activities to movement experiences that are engaging and developmentally and individually appropriate.

**TODDLERS**