



Physical Activities: Ages 1–2

Manipulative & Gross Motor Skills

Please complete these activities with a sibling, parent, guardian, or family member!

Walking	Clear an open area without obstacles. Hold the child’s hands and support them so they are in a standing position. Encourage the baby to take assisted steps. If the child is progressing at a fast rate, encourage more independence.
Grasping	Clear a space on the ground and put down a soft blanket. Sit down on the ground and place the child in front of you or between your legs, so the child is sitting upright. Offer the child a preferred toy that makes noise or is brightly colored. Encourage the child to grasp the toy; practice having the child hold on to the toy securely.
Carrying	Clear an open area without obstacles. Encourage the child to stand up and start taking steps. Offer the child a preferred toy, and have the child carry it as they walk. To make this more challenging, have the child pick up a toy and bring it to you or drop it in a basket.
Pushing & Pulling	Clear an open area without obstacles. If you have a sturdy toy with wheels that the child can push, use this to encourage building this skill. If not, have the child help with cleaning chores, like helping push small boxes, push toys across the ground to a basket, etc.
Ball Play	If you have a ball, use it for this exercise. If you do not, create a ball out of stuffed grocery bags. If you have a bell, tie it to the ball. Sit on the ground with your legs spread wide. Have the child seated in the same position. In the space between you, roll the ball back and forth.
Climbing	While physically supporting the child, have them practice climbing onto a couch or chair. As the child’s skills improve, you can give them less support.