



## Physical Activities: Ages Birth–1

### Manipulative & Gross Motor Skills

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

<b>Head Lifts</b>	Clear a space on the ground and put down a soft blanket. Place the baby on its stomach. Get down on the ground with the baby and talk or sing. Encourage the baby to lift its head towards your voice. Move side to side for an added challenge.
<b>Reaching</b>	Clear a space on the ground and put down a soft blanket. Place the baby on its stomach. Have an item or toy in front of the baby that lights up, is brightly colored, or makes noise. Encourage the baby to reach towards the item.
<b>Arm &amp; Leg Movements</b>	Clear a space on the ground and put down a soft blanket. Place the baby on its stomach. Place brightly colored, light-up, or noise-making toys all around the baby. Encourage the baby to kick and reach towards the different toys.
<b>Core Strength</b>	Clear a space on the ground and put down a soft blanket. Sit down on the ground and place the baby in front of you or between your legs, so the baby is sitting upright. Support the baby's core by holding their sides when needed. Have a noise-making object in front of the baby and direct their attention to it. The goal of this exercise is to strengthen the baby's core.
<b>Rolling</b>	Clear a space on the ground and put down a soft blanket. Place the baby on its stomach. With noisemaking toys around the baby, encourage the baby to roll from its front to its back. If it is successful at rolling from front to back, work on the skill of rolling from back to front by strengthening neck and arm muscles.
<b>Grasping</b>	Clear a space on the ground and put down a soft blanket. Place the baby on its stomach. Offer the baby a preferred toy that makes noise or is brightly colored. Encourage the baby to grasp the toy. Over time, practice having the baby hold on to the toy securely and grasp different textured toys.