

CONNECT TO THE CLASSROOM

Promote Gross Motor Skills

During the toddler 1 video, the teacher provides different toys that encourage toddlers to use their gross motor skills. Teachers can support and build these skills by interacting with young children in playful ways. The teacher in the video showed playful ways to encourage gross motor skill development by:

- Encouraging the children to crawl through the tunnel and the hoop
- Praising the children for their efforts
- Using words like "through," "in," "out," "up," and "down" to describe the children's actions
- Supporting the children who needed help

Practice applying ways to express the key strategies demonstrated in this interaction on your own.

- Engage children in activities that allow them to play with balls, push/pull toys, and hoops
- Provide opportunities to work on hand/foot-eye coordination
- Encourage toddlers to run, climb, and balance when it is appropriate

When you are finished, reflect on the following questions.

1

What activity did you use to encourage gross motor skills?

2

How did the children respond?
What specifically did they do?

3

What was challenging?
What were roadblocks to making these activities fun and playful?

4

What else could you do next time to promote gross motor skills?

