

healthy bodies

Ages 0-2



Baby box play - encourage movement

Encourage your baby to explore different body movements through this simple activity

Learning benefit/skill development

- Develops gross motor skills through the movement of children's big muscle groups. Child needs to coordinate body movements to manoeuvre successfully through the box and engage large muscle groups to do this.
- Engaging in problem solving - child needs to formulate different strategies for moving their body through the box. This may mean some trial and error to achieve the desired result.
- Understanding of spatial awareness - child needs to consider their own physical proximity to the box whilst assessing the size and shape of the hole in the box and whether their body will fit through the space. They also developing an understanding of how their limbs are moving without needing to directly look at them (proprioception).

What you'll need

- A cardboard box
- Scissors
- Masking or electrical tape

Instructions

- Take an old cardboard box and cut out some tunnel holes on the side
Tip: make sure the edges are not sharp. Use masking or electrical tape along the edge of the cuts of the box, so the child does not scratch themselves.
- Place the box at your child's level and let them explore!

Sometimes, placing a favourite toy or blanket inside the box will encourage the child to explore, if they are a bit hesitant at first.