

**healthy
bodies**

**Ages 0-2
supervised**



Ribbon tree - reach, grasp and pull

Encourage your child's hand and eye coordination through this grasping and pulling activity

Learning benefit/skill development

- Encourages babies to reach, grasp and pull, which strengthens their muscles.
- Uses hand and eye coordination as they reach for the moving ribbons.

What you'll need

- Ribbons/fabric
- Somewhere to hang the ribbons (preferably outside on a tree, so they move in the breeze)
- A mat/towel/blanket for your child to lay on
- Optional: music and/or bubbles

Instructions

- Attach ribbons/fabric over tree branches
- Place them low enough so your child can reach and grab them, ensuring to supervise at all times so your child does not get caught in the ribbons.
- You can also play relaxing music as your child engages in this activity, or add some bubbles for extra fun!

