



Physical Health, Well-Being, and Movement Skills Activity for 12 to 18 Months

Haul It

Children gain "physical knowledge" about objects as they carry them and feel their weight and size. They learn about what can fit into what (a cognitive skill). They also may learn vocabulary about "inside" and "out," and they use large muscles to carry the objects.

Materials:

- Collection of containers with handles (lunch boxes, baskets, shopping bags, purses, old briefcases, rubber tote boxes, and plastic pails)

What to do:

1. Let the child put toys and other objects in the containers and carry them around. Adding interesting new containers to your environment will give new life to old toys, as toddlers love to "haul" things.

Variations:

- A. Cut off the front of a few large, empty soap boxes. Tie them together with a heavy string to make a train. Give the child blocks or toys to fill her boxes the way she wants. Let her pull them around like a train.
- B. Put a large box or laundry basket at one end of the room. Let the child use the containers with handles to carry things to the box and dump them in. She then may push or pull the large box or basket back across the room.

Safety alert! As children gain better control of their bodies, wobbly first steps soon become "I-can-do-everything" movements. To prevent accidental injuries, make your home safer by putting safety-approved gates at the top and bottom of stairways and by keeping the floor free of hazards that could cause injury if they fall.

