

Footsie Roll

2 or more players—since this activity is done in pairs, you need an even number of players

Procedure: Have players pair up and lie on the ground or floor on their backs with the soles of their feet touching each other's. Ask one child to try rolling over without letting her feet come away from her partner's feet. Take turns being the partner who does the rolling.

Climb Every Mountain

1 or more players

Procedure: Find a hill or build one out of snow or dirt, and climb to the top. Roll back down on your side!



Bloomington Public Health - 952-563-8900
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Tumbling, Rolling, Crawling & Climbing

- Wiggling
- Slithering
- Cart wheeling
- Creeping
- Somersaulting
- Sneaking
- Surrounding
- Dangling



- Forward
- Backward
- Over
- Under
- Around
- Through
- Up
- Down

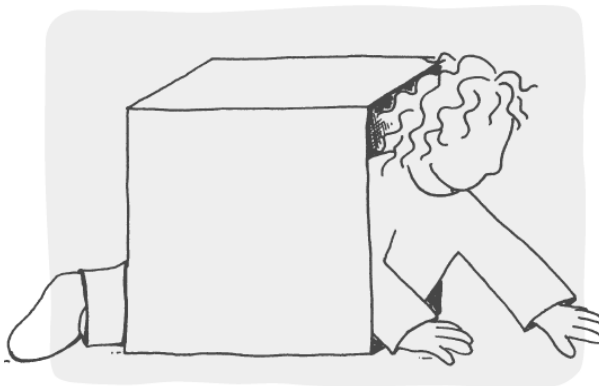
Creeping, Crawling, Climbing

1 or more players

Equipment: large boxes, chairs, tables, sheets

Procedure: Create an obstacle course with several objects your child can pass over, under and through. Try it outside with lawn furniture and cardboard boxes of various sizes. Large cardboard boxes can be cut or left open at both ends to create a tunnel.

Variation: Let children creep and crawl safely through, under, over and around large objects in your home. Drape sheets over chairs or tables, or use large boxes to create "tunnels." Have children pass through the tunnel moving forward and backwards, slowly and more quickly.



Hula Crawl

2 or more players

Equipment: large plastic hoop for each player (to make your own, see "Play Everyday!")

Procedure: Hold a hoop upright and let your child crawl, creep or climb through it. Let your child practice going backward, forward, under and through.

Variation: Stand with your legs apart and let your child creep or crawl between them. If you have enough people, make a human tunnel!

Roll Like A Log, Tumble Like A Weed

1 or more players

Procedure: Roll, tumble, rollover, somersault, bend and stretch outside on a grassy area, in the leaves, or in the snow. Inside, try this on a mat, mattress, rug or blanket.

Back Rock

1 or more players

Procedure: Have your child lie down on the ground on her back. Help her put her feet and hands up in the air, pull her knees into her chest, and hold onto her knees with her hands. Ask her to rock back and forth along her spine.

Forward Roll

1 or more players

Procedure: Ask your child to squat on the ground or floor, and place his hands flat in front of him on the floor. Have him press on the balls of his feet, stick his bottom up into the air, tuck his chin into his chest, place his head between his knees, and roll forward on the back of his head. To help him remember to keep his chin tucked in, you can have him hold a bean bag under his chin.