



Toddler Lion Main Activity



In this session we are going to work on our big muscles, explore different movements and our Little Lions are going to do some 'risky play'.

You will need:

Obstacle course PDF
Your lion paw print cut-outs (See PDF)
Prestik
Chalk (if you have a outside area)
Chairs,
Tablesticks/logs/wooden brooms/rolled up towel
Cushions
Step ladder
Hoola hoop (if you have)

Method:

1. Using the PDF of the obstacle course use what you have in your house to set up a course for your little lion.
2. If you are setting it up outside use the chalk to guide your lion through the course.
3. If you are doing it inside use the lion paws and stick them around in a trail for your little one to follow.
4. An idea for your obstacle course is to start with some;
 - a. running, roaring like a lion,
 - b. do some balancing over cushions, a bench if you have (remember to hold their hand if needed or around their shoulder),
 - c. jumping over sticks/wooden brooms/rolled up towel,
 - d. crawling through some chairs or a table, climbing over and going under them.
 - e. hopping and jumping with two feet on to paw prints,
 - f. climbing up a stair or a small step ladder,
 - g. turn around in a circle or go around a hoola hoop if you have one
 - h. and finish with a high 5 your nanny finding your hidden favourite toy or snack inside a hidden 'cave' (blanket over chair) to reach the end.



Walking over a bridge!



Walking over wobbly surfaces!



Nanny 'n me
growing together



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How to adjust this activity to your Little Lion's abilities:

For younger toddlers:

Build the obstacle course. Show them step-by-step how to do the obstacle course (include less steps if too much for them)

Demonstrate by doing the obstacle course first/use soft toys to do the obstacle course first and then get them to copy movements.

For older toddlers:

Allow toddler to be more involved in the construction of the obstacle course and let them follow the paw prints on their own without guidance.

Create a free-play space with loose parts and materials e.g. blocks, planks and tunnels logs, mud, tarps, crates, sticks, planks, ropes and even water to play with.

Crawl:

Under chair or plastic table or through cardboard box

For younger toddlers:

Shorter distance or even just crawling through a hula hoop. Place their favourite toy or person in front of the child to encourage crawling.

For older toddlers:

longer distance eg several chairs

Jump or hop:

For younger toddlers:

Jump over a row of sticks. Support your little one as they try to jump and hop!

For older toddlers:

Try jump from cushion to cushion/ block to block (remember not to place on a slippery floor that could move the cushion/block when jumped on). Or increase the distance and height of jumping surfaces

Climb and slide:

Over a chair or sturdy small table or mountain of cushions

For younger toddlers:

Cushion steps to get onto couch! Or try an assisted slide down large cushion from couch to floor. You can also lower the height of the climbing apparatus and slide .

For older toddlers:

Upgrade to outdoor equipment such as jungle gym.

Walk and balance:

For younger toddlers:

Demonstrate the action, hold your child's body or hand, providing less support with improved balance.

For older toddlers:

Walk forwards through a container of water, walk backwards or sideways along a plank marked with lion paw prints Make sure to use a safe area and supervise!

Swing and Drop:

For younger toddlers:

Child plops onto their bottom onto a pile of pillows. Provide support on the child's body, move slowly and at child's pace, this must be fun.

For older toddlers:

Stand and jump off a step onto soft landing. Hold and support (on hips) child along monkey bars, and let them feel a supported drop.

Kick, throw, catch:

For younger toddlers:

Hold your little one's hand for balance. For kicking use a large ball and place it near their feet. Toss gently so your child can catch against their chest. Let your little one aim at large, close-by target.

For older toddlers:

Get your little one to kick a smaller ball further target. Run and kick. Catch smaller object eg bean bag, with outstretched arms. Aim at smaller targets, further away.

