



Toddler Warm Up



Hands on at Home Balloon Towel Toss

This activity will activate your little one's **big muscles** and can be used for **Language Development** too!

You will need:



Hand towel

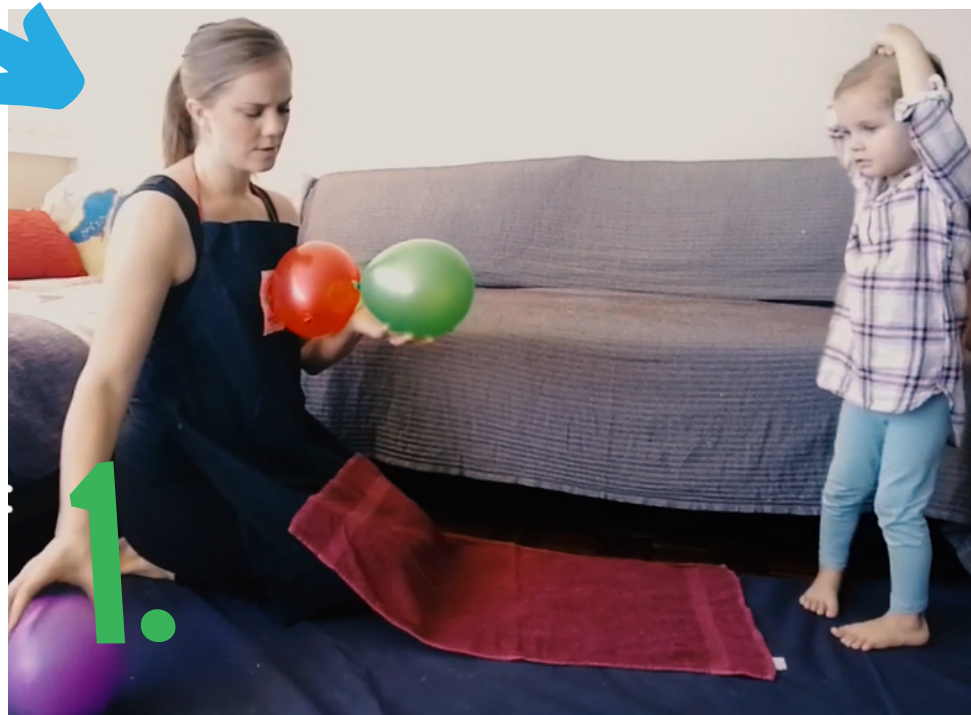


Balloon (2-3 colours) (scrunched up paper balls or balls will also work)



Method:

1. Show your toddler how to hold the edge of the towel and shake it, then lift it Up and Down!
2. Put the balloon/ball/scrunched up paper on the towel so your little one can see what happens when s/he lifts the towel up and down
3. Now you take the other side and see if the two of you can lift the balloon up and catch it in the towel
4. Sing the "Little Balloon" song: (sung to the tune of Frere Jaques)



Activity Tip:

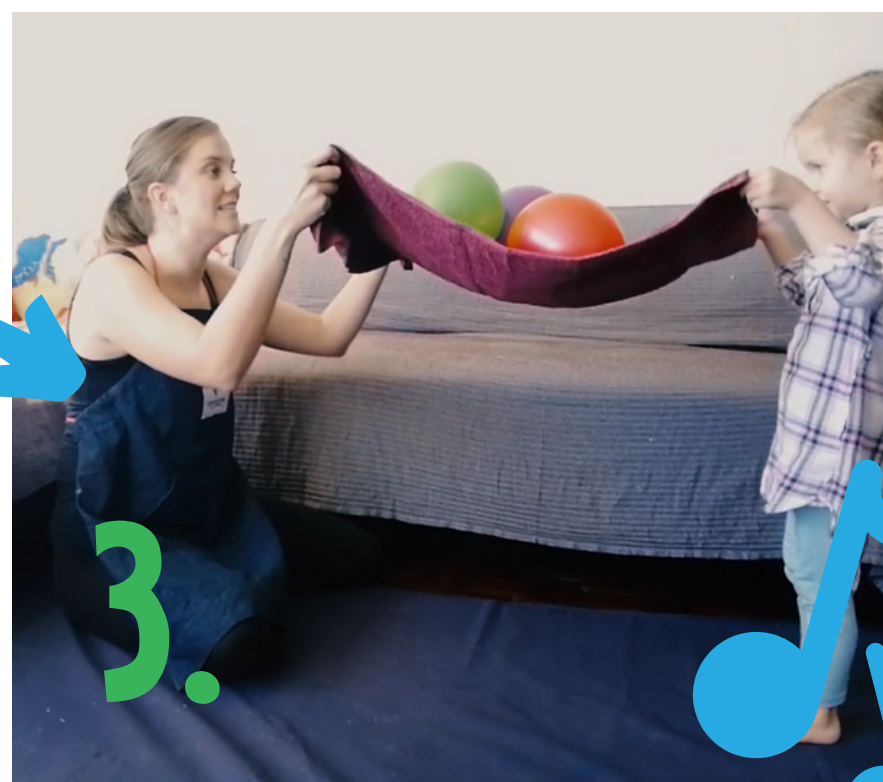
Upgrade: try to keep more than one balloon/ball in the towel while lifting up and down.

Give more detailed instruction for your Little one to follow.



Activity Tip:

Downgrade: put balls on a towel, and sit or kneel next to your toddler. Shake, Lift and Lower the towel together.



"Little balloon, Little balloon, keep it up, keep it up! Never Let it touch the ground, never Let it touch the ground! Keep it up! Keep it up!"



Nanny 'n me
growing together