



# Baby Main Activity



## Developmental Overview - Big Muscle Development

### Ball Drop Box

#### You will need:

- Cardboard box/shoe box
- Balls (can use newspaper or foil)
- Scissors or knife to cut holes in the box



#### Method:

1. Cut holes big enough for balls to drop either into the box or into a container
2. The box can be flat on the floor for sitting babies to reach, or raised for standing babies.



#### ✓ Activity Tip - Upgrades:

- If your child is not yet sitting, either support them to sit or support them to lie over your thigh and help them to post the balls into the box
- You could also turn the box to make it vertical for your baby to post balls through, reaching forward and upwards to strengthen the upper body
- How about propping one side higher than the other so balls roll down and baby crawls to retrieve them!