# Baby Main Activity



## Developmental Overview - Big Muscle Development Ball Drop Box

#### You will need:

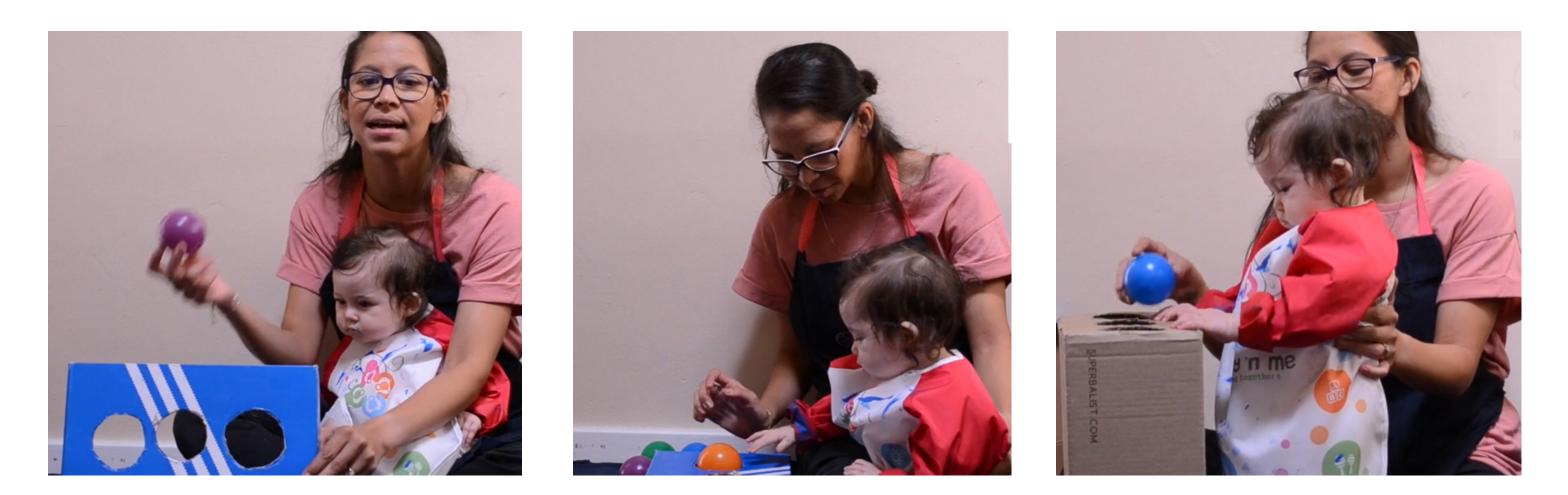
Cardboard box/shoe box Balls (can use newspaper or foil) Scissors or knife to cut holes in the box



# 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!

