



Five things to do with under threes: physical development

Hit the balloon – encourage your child to keep a balloon in the air and not touch the ground. Chasing balloons allows children to run, zig zag and change direction while maintaining their balance.

Play bowls – you can make a set of pins from empty plastic bottles setting them up like a bowling alley. Let your child to roll a ball towards them and see how many they can knock over (this is good for counting too).

Make an obstacle course using whatever you have to hand such as climbing over a pillow or cushions, crawling through a cardboard box, walking three times round a chair, jumping to a doorway. You can even make a paper ribbon across a doorway for children to break through at the finish line.



Put on some music and dance! Toddlers aren't embarrassed by your moves! They are naturally inclined to move their bodies to music and they aren't too fussed by the type of song, anything with some rhythm will get them moving (and can help you get some exercise too).

Give them opportunities to make marks indoors and outside. Large pieces of paper (spare wallpaper is good) on the floor with toddler size crayons or chalk work both indoors and outside. Paint brushes and water work well outdoors and need little clearing up.