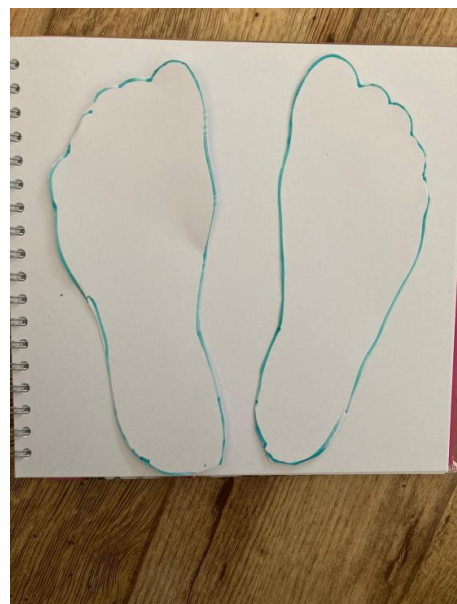


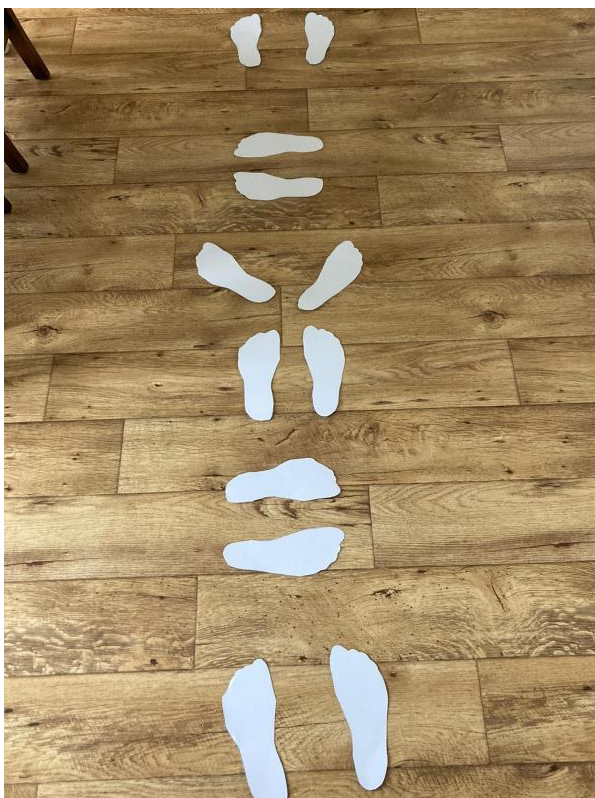
Footstep fun



Draw around your feet on a piece of card (paper will likely be too flimsy). Then cut out the feet outline you have drawn.



Use these as a template to draw other feet on card and cut out. Make as many as you want!



Then place the feet on the floor in different directions and distances so your little one can hop, jump and stretch to get their feet in the right positions. You could make the course as long as you like. You can use double sided sticky tape to stick it to the floor.

This will help with their co-ordination and balance and is good fun!

For extra fun, play music and stop it at different times so they need to stay still on the spot where they are. This will help with their concentration.