

1-2 YEAR OLD

GROSS MOTOR

Exploring

1-2 year olds become more confident in walking and start to run

- Let your toddler explore outside
- Give your toddler a balance bike to use

Dancing

1-2 year olds love dancing to and singing songs

- Play songs that encourage actions like "wheels on the bus"
- Show your toddler how to sing and dance to the songs

Pushing

1-2 year olds want to feel strong and independent

- Give your toddler toys to push around the house
- Let your toddler help push in chairs or move lighter objects at home to build strength

Sensory Play

1-2 year olds should be able to get dirty and explore different senses

- Let your toddler play with water, sand, or mud
- Give your toddler different tools to pour, scoop, and create

Bubbles

1-2 year olds love to play with bubbles

- Show your toddler how to blow and pop bubbles
- Let them explore a mound of bubbles with their hands

