

Helpful Learning Activities for Children 30-36 Months Old

Focus on: *Gross Motor Development*

Different Animal Walks.

To improve coordination and balance, show your child the "bear walk" by walking on hands and feet, keeping the legs and arms straight. Try the "rabbit hop" by crouching down and then jumping forward.

Encourage your child to try the "elephant walk," bending forward at the waist and letting your arms (hands clasped together) swing freely while taking slow and heavy steps. This is great to do with music.



Don't Let It Drop.

Cut a stiff paper plate to make a hand paddle and show your child how to use it to hit a balloon. See how long your child can keep the balloon in the air or how many times he can hit it back to you. This activity helps develop large body and eye-hand coordination. Always carefully supervise when playing with balloons.



Somersaults.

Teach somersaults by doing one yourself first. Then help your child do one. Let her try it alone. Make sure furniture out of the way. You may want to put some pillows on the floor for safety.