

Stepping stones

A little gross motor activity so easy and fun to do indoors or outdoors at home or away!

Imagine you're running late for the Queen's Jubilee Tea Party, but the only way into the castle is by crossing the moat...

You will need:

- Pillows/cushions to start
- As the children grow in confidence, increase the difficulty level by introducing upturned crates, logs etc to help improve balance.

Collect all your stepping stones and line them up in a row or circle. And that's it!



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You can make the activity a little more difficult by spreading the stepping stones apart and make it about jumping from island to island!

It may seem a little tough to just let your toddler try to do it and not worry about them getting hurt, if you are worried about that, put down more cushions and pillows.

Another change to the activity can be different ways to walk across, forwards then backwards, hopping or running, challenge them.

Children like to make things tougher for themselves so let them change the rules of play as they go along, all this is good for gross motor skills and coordination.

