



## Toddler seated ball play

1 - 3 years

**TIME:** 10 - 15 minutes

**SKILL:** Lifting head, moving arms and legs

**REQUIREMENTS:** Open floor space and a colourful ball 10-20 cm in diameter

### Directions

1. Sit on the floor opposite your child with you legs spread apart in a “V” shape, or kneel if kneeling is more comfortable. Have your child sit the same way and facing you.
2. Roll the ball back and forth at a distance of 1-2 metres.
3. If you sense that your child is ready for a challenge, roll the ball faster to demand faster reactions.

### Variation

- If you sense that your child is ready for a greater challenge, try tossing the ball slightly so that it bounces a bit.

### Benefits

- This activity helps your toddler to develop fine motor control in the hands, as well as hand-eye coordination.