



Toddler tiger tail

2 - 3 years

TIME: 5 - 10 minutes

SKILL: Agility, Balance, Speed, and early running.

REQUIREMENTS: An open outdoor space on grass or large open outdoor area that is free of sharp obstacles or other falling hazards. Scrap of colourful fabric 50-100 cm long to use as a tiger tail.

Directions

1. Show your child pictures of big cats such as tigers, lions, leopards, and cheetahs.
2. Explain that the two of you will pretend to be tigers (or lions, leopards, etc.).
3. Tuck one end of the fabric into the back of your child's pants and explain that this is his "tail".
4. Say, "I'm going to get your tail!" and encourage your child to run away.
5. Chase your child and snatch his tail.
6. Change roles and tuck the fabric into your own pants, and then encourage your child to chase you.
7. Make "big cat" noises as you play (tiger, lion, etc.)

Variation

- Create "safe" places where you are not permitted to grab tails. Then encourage your child to run from one "safe" place to another without having his tail snatched. You can "prowl" around at a distance and give him the opportunity to decide whether or not he is safe to run.

Benefits

- This activity develops Agility, Balance, Speed, and early running.
- It also develops basic decision making and the ability to "read" the situation when played with "safe" zones.