

Follow the Leader

Play a game of follow the leader to help your child use the big muscles in her body to skip, hop, jump, walk on tiptoes, march, walk on a line, balance on one foot, turn in a circle, wave your arms – anything you can think of to keep moving and have fun! Put some music on or sing and clap while you take turns being the leader. Older brothers and sisters or friends can also play along.

By copying your actions while moving around, your child is learning to follow directions and use her muscles at the same time. By being the leader, your child is learning to problem-solve, having to think up actions and then do them for you to follow.



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three year old