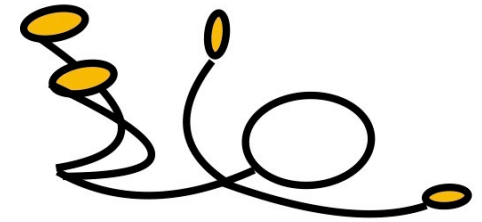


Floor Play foundations™



The floor is a great place to be for developing bodies - it's a workplace for babies and young children. Make sure you have inviting places on the floor for children to be; and you let them know you value them being there. Best way? Join them ...

Back Play Bubble Football

- Play with just one child or a whole group.. Children lie on the floor with their legs in the air ... waiting
- One person blows bubbles above their feet
- Children reach up their toes to try and pop, or touch, the bubbles
- Can be accompanied by gentle music, preferably with no words
- Use touchable bubbles and children can 'catch' a bubble on their toes (rather than pop them)
- Make rest times in-between bouts of play, so bodies sink into the floor. Perhaps encourage big out-breaths and melting into the floor. (Great for supporting alignment of the spine, relaxed muscle tone and grounded bodies.)

Tummy Play - Slide

- Everyone lies on a paper plate (or a piece of paper, sock or a table mat etc) on their tummy - on a slippery floor
- Can you move across the floor keeping the object glued to your tummy?
- Set a start and ending place. Race if you fancy. Make it a treasure or toy hunt
- Or just let the play evolve prompted by keeping your tummy on the floor. Let children grow the game

Side Play - Slide

- Same as Tummy Play Slide, only this time you have to keep the whole of your side on the floor - from finger tip to knee
- (You'll need your feet to push you along)

starting points for games that focus movement on the floor - where so many physical foundations are built. Children will find their own floor play ... which is likely to be developmentally spot on.

Bellycrawl play

- Make an obstacle for children to crawl under that is so low they have to belly crawl
- A Lycra or sheet stretched out and held by others (whose time to go under will come soon, if they want)
- Or best of all, the children will create the obstacle, using whatever is at hand.