

**Simple activities** can help your child develop new skills.

Try these:

Clap Pull Roll Grab Walk  
Squeeze Push Jump Kick

Help your older child...

March Dance Jump rope  
Skip Balance Ride a bike  
Roll Hop

Ask your child to pretend to be....

- ★ A tree blowing in the wind
- ★ The sun rising
- ★ A cat arching its back
- ★ A kangaroo jumping

Make sure your child drinks plenty of water.  
Set a good example —be active with your child.