

STUNT TRACK

You can make a stunt track out of household objects. Here are some ideas:

- ✓ Walking across a row of chairs.
- ✓ Crawling under the coffee table.
- ✓ Balancing on one leg, standing on a sofa cushion.
- ✓ Forward roll onto the sofa over the arm or backrest.
- ✓ Jumping from the sofa onto the floor.
- ✓ Walking on the stripes or patterns of the carpet.
- ✓ Arranging objects so that they can be walked on without touching the floor.
- ✓ Throwing a stuffed toy from the doorway onto the bed.
- ✓ Forward rolls, sideways rolls, or other stunts on the carpet or mattress.
- ✓ Handstanding against a wall or the adult.



Basic motor skills

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