



Feet Forward

Experience

Preparation: With your child, secure the sheets of paper to a smooth floor surface with the masking tape. Make sure that there is enough length of paper to trace the feet at least 10 times.

Ask your child to stand with bare feet at the start of the paper. Trace around your child's feet using the coloured markers. Ask your child to move forward and turn in a different direction, then trace the feet again, this time using a different colour. Repeat the process until the length of paper is full of feet in a line but facing in different directions. Now it is time to start at the beginning and jump, balance, hop or skip along the feet making sure to match their direction. To increase the challenge name a colour for your child to jump to and specify 1 foot or 2.

Learning benefits

- Develops body strength, coordination, flexibility and balance
- Opportunity to practice social skills of turn taking and collaboration
- Enhance skills of listening and following directions



10 - 15 mins



3 - 5 years

Materials

Large sheets of paper
or many A4 sheets
attached
Coloured markers
Masking tape

Hints and Tips

Ask your child to
trace your feet onto
the paper