



My Exercises

Ages 1 year—2 years

Objective: The child can mimic and watch physical activity when shown.

Materials needed:

Fun music

Opposite Exercises List (printable)

Procedures

1. Turn on the music and let your child move freely to the sounds they hear.
2. Watch their responses to fast music, slow music, loud and soft music. See if they take to one or the other more so.
3. Now begin to the opposite exercises in order following the list. Say the actions out loud to your child as you do them. See if they respond by mimicking your actions.
4. If they do not mimic, continue to do the exercise and just use your words to encourage them to follow along.



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4. Continue through the whole list of opposite exercises with your child; encouraging them to follow along. If they do not show willingness to mimic and follow along with you the first time around, do it again later in the day, or more than once, so they can catch on and do it with you.

Milestones to meet:

The child can mimic and watch, and uses gross-motor skills to influence development. The child begins learning the concept of opposites through physical activity.

Evaluation:

Did this lesson work for your child? Why or why not?