



## **Cognitive: Up and Down** **Ages 1 year to 2 years**

**Objective:** The child will learn the concept of up and down through movement.

**Materials needed:** (any/all of the following)

Ball OR Something that rolls

Books (enough to make a small "ramp" out of them: prop about 3 or 4 on top of each other, use a larger book for the "slant ramp")

**Procedures**

1. Begin by creating the ramp out of the books in front of your child.
2. Take the ball and put it at the top of the ramp. Say to your child "the ball is up."
3. Now let it go so it rolls down the book ramp. Say to your child as it rolls down "the ball is going down."
4. Do it again about 3 or 4 more times to build awareness of what is happening in your child. Consistently repeat "up and down" phrases of what the ball is doing while showing your child.



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5. Now pick up your child. Tell them as you do so, "\_\_\_\_ (say child's name) is up with mommy/daddy."

6. Now put your child down on the ground. Tell them as you do so, "\_\_\_\_ (say child's name) is down on the floor."

7. Now use one hand to put up at the ceiling. Say to your child "up." Then, use one hand to point at the floor. Say to your child "down."

8. Watch to see if your child tries to mimic you.

9. Last, hold your arms up and say "my arms are up, can you put your arms up?" Now touch your toes and say "my arms are down, can you put your arms down and touch your toes like me?" Continue this up/down motion 2 more times with child.

### **Milestones to meet:**

The child begins to learn the concept of up and down. The child shows a willingness to mimic the actions of an adult.

### **Evaluation:**

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