



3...2...1...Blast Off!

Handout B44



What I want my child to learn:

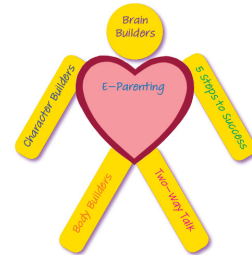
- _____
- _____
- _____

Which Daily Do I want to focus on practicing:

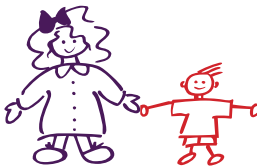
- _____

When will we do this activity:

- _____



Who else can do this activity with my child:



- _____
- _____

How to do this activity:

1. Use **Ready for Play and Learning** to see if your child is ready to play and learn. Remember to use **5 Steps to Success** as you help your toddler explore their natural curiosity during the activity.
2. Find a space that is safe for your child to jump, run, hop, etc. and tell them that they're going to play a game with you. Then tell them that they're going to "blast off" like a rocket. Say something like: **We're going to play a game together. Are you ready to blast off like a rocket?**
3. Choose an action for them to do like "blasting off" from a crouched position to jumping up or running off like a rocket.
4. Then as you do the action **WITH** your toddler, say something like: **3...2...1...Blast Off!** On "**Blast Off!**" do the action you've chosen.