



## Dress Up and Run

### Handout C15

Other body movements my toddler can practice instead of running:

- \_\_\_\_\_
- \_\_\_\_\_

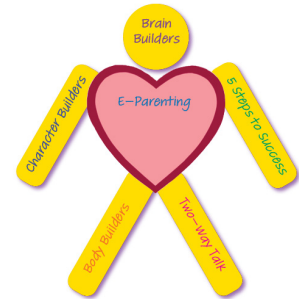


Which Daily Do I want to focus on practicing:

- \_\_\_\_\_

When will we do this activity:

- \_\_\_\_\_
- \_\_\_\_\_



Which skills or concepts I want my child to learn:

- \_\_\_\_\_
- \_\_\_\_\_

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. Gather 3 articles of clothing that your child can easily put on and take off. You may use dress-up clothes if your toddler has some. Then place a basket or box about 5 feet away from your child and the articles of clothing.
3. Play a game with your toddler where you encourage them to put on a single clothing item, run to the box, take off the article of clothing, and drop it in the box. Remember to coach them as they play by saying things like: **Put on the sunglasses. Great! Now let's run to the box. Take the sunglasses off. Drop them in the box. Let's run back now.**