



Running and Stopping

Handout C32

Other body movements I can help my toddler use during this activity:

- _____
- _____
- _____

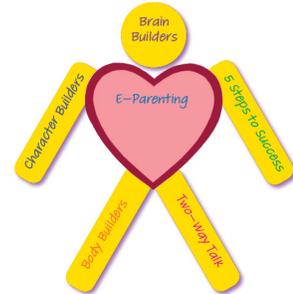


Which Daily Do I want to focus on practicing:

- _____

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. Tell your child they're going to play a game about running and stopping. Share with them that they'll begin running when they hear you say: **Run! Run! Run!** However, they'll stop, when they hear you say: **STOP!**
3. Remember, your toddler will probably have to play this game many times before they learn to stop.
4. To make this activity more fun, pretend that your child gets points each time they stop. For example, you might draw them a heart every time they stop and count how many points they've earned.