

Run and Walk Together



Let's run!

Talk about what is happening as you and your child run fast, walk slowly, gallop like a horse, or shuffle like an elephant.

Your child will learn words at the same time he learns to coordinate his body and control his actions.



Why this is important

Playing outside provides an opportunity for your child to develop his skills in running and moving. When you talk about each motion, you help him learn the words for his actions. Becoming aware of his body movements is an important first step in forming an intentional plan about how to move and when. Moving quickly from running to walking makes him aware of his body and how to direct it.

What you do

- Go outside with your child and show him a few special ways of moving.
- Exaggerate your walking steps and say, *Look at me walking.*
- Start to run as you say, *Now I am running.*
- Take your child's hand and repeat the motions with him.
- Use the words *run* and *walk* as you perform the action so that your child will remember the difference between the words.
- Encourage your child to invent some special ways of moving such as running in a circle, galloping like a horse, running in circles, or walking very slowly.
- Listen for the words *run*, *walk*, *fast*, and *slow* in your child's speech. Offer an encouraging response when he uses them. *You're right, Jeremiah. We walk inside and run outside.*

Another idea

Let your child lead in a game of "Follow the Leader." Encourage him to try new ways of moving such as walking backwards or walking sideways.

Let's read together!

Run, Jump, Whiz, Splash
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