

Objective 4

Demonstrates traveling skills

Related Objectives: 2a, 8a, 8b, 11a, 14b, 21a, 21b

What You Do

1. Lay an infant on his back. Sit next to him and gently move his body while you sing to the tune of “Oh My Darling, Clementine.”

Let's roll this way, let's roll that way

From your back onto your side

[Hold one of the child's arms and legs on the same side of his body. Gently roll him from his back onto his side, and then onto his back.]

On your back again, now the other side

[Switch sides and roll the child from his back to his side, and then onto his back.]

On your back, now on your tummy.

[Roll the child all the way over onto his tummy.]

- **Invite toddlers and 2-year-olds to join you on a carpeted surface with enough space to move around.**

Say, “Let’s pretend we are logs. Logs are round, like circles, so they roll.

Can you roll on the floor like a log?”

Demonstrate rolling in one direction, starting and ending on your back.

If the child is able to roll in one direction, ask, “Can you roll like a log the other way?”

- **Invite children to show you how many times they can roll in each direction. Count for them as they roll.**