



Strong Tummy Alphabet

Where Can I Play:
Indoors

What you need:



Slippery Floor



Cloth

Let's Play



Activity 1

- Start on all fours with cloth under preferred hand.
- Slide the cloth along the floor, keeping the rest of the body straight.

Activity 2

- Draw a shape with the cloth.

Activity 3

- Write a letter with the cloth.



Let's Change Things



- Write letters far away from the body.
- Write words on cards and ask the child to slide their hand towards a word.
- Sit on the cloth and wriggle to move across the floor.

Why? *Helps to develop:*



- balance
- being able to sit at a desk
- being able to ride a bike

☆ Activity Theme
STABILITY



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