



## Scared Hedgehogs



Where Can I Play:  
**Indoors**

### Let's Play



#### Activity 1

- Ask the child to lie on their back and tuck their head and knees in to make a tiny ball shape like a frightened hedgehog.

#### Activity 2

- Can they make the same tiny shape on their knees tucking their heads in?

#### Activity 3

- Ask the child to crawl around the room and then say "Scared hedgehog". The child has to stop moving and make a tiny ball shape on their knees or their backs.

### Let's Change Things



- Ask the child to rock backwards and forwards in a tiny shape on their back, keeping their knees tucked in.
- Ask the child to rock sideways in this shape.
- Ask the child to roll over sideways in a ball shape from their back onto their knees.

### Why?



*Helps to develop:*

- strength
- balance
- learning about animals

☆ Activity Theme  
**STABILITY**

