



journey of movement

Reach 180 minutes of movement
as a family each day

NEWBORN
BABY

MOBILE
BABY

EARLY
MOVER

DEVELOPING
MOVER

INDEPENDENT
MOVER

CONFIDENT
MOVER

SKILLED
MOVER

independent mover



Help me to...

...balance on one leg.

Get me to try the other leg.

...move safely.

Help me explore safely even if I bump or fall over objects.

...kick a ball.

Encourage me to move with the ball by dribbling.

...ride a trike.

Help me to move easily in comfy/loose clothes.



I love it when you...

...build obstacle courses for me to explore.

...hide objects for me to find like a treasure hunt.

...go outside with me to find a local park or beach.

...put music on and we dance together.



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