



journey of movement

Reach 180 minutes of movement
as a family each day

developing mover



...run.

Open spaces are good for running.

...climb stairs with help.

Help me climb the stairs by showing me where to hold.

Help me to...

...jump.

Help me jump with both feet off the ground at the same time.

...sit down and stand up.

Give me low seating so I can sit and stand alone.



I love it when you...

...find a tunnel or box for me to crawl into.

...take me to the soft play and let me explore.

...take me outside to jump in puddles.

...walk with me to feed the ducks.



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