

## ACTIVITY PLAN 3 – PLAYING ON THEIR BACK

### Aim

To practise reaching for toys and kicking

### Age

0–5 months

### Equipment

Appropriate floor space and a variety of toys with different colours, textures and sizes

### Area required

Indoor floor space

### Time

5–10 minutes

### How?

Position babies on their backs on the floor (away from mobile children to keep them safe). Have small toys for the babies to play with. Hang toys on a frame for babies to reach or kick.



### Key points

- Toys that encourage reaching and grasping should be small enough to fit in babies' hands but must not fit entirely in babies' mouths.
- Larger toys that make noise can be used to encourage babies to kick.
- Babies initially have random movements of their arms and legs, but will learn to control their movements.
- Lying on alternate sides is good for young babies to learn to reach for a toy.