

Ball Rolling Back-and-Forth

GROSS MOTOR | Ages 6-12 months | 12 minutes

About This Activity

Roll a ball back and forth to teach turn-taking, tracking, and social interaction.

Materials Needed

- soft ball
- textured ball

Step-by-Step Instructions

Sit across from baby (legs in a 'V'). Roll a soft ball to baby. Encourage them to roll or push it back. Say 'My turn, your turn!' This teaches turn-taking, tracking, and social play. Baby may just grab the ball at first - that's okay! Eventually they'll learn to roll it back. 10 minutes.

Developmental Benefits

GROSS MOTOR, SOCIAL EMOTIONAL, COGNITIVE