

Simple Playground Skills

GROSS MOTOR | Ages 12-24 months | 25 minutes

About This Activity

Practice playground equipment like slides and swings to build confidence and motor skills.

Materials Needed

- outdoor shoes

Step-by-Step Instructions

Visit toddler-friendly playgrounds. Support child on slides (go down with them at first). Push gently on swings. Help them climb small structures. Always stay close for safety. Playground play builds strength, balance, and confidence. 20-30 minutes, 2-3 times per week.

Developmental Benefits

GROSS MOTOR, SOCIAL EMOTIONAL