

ACTIVITY PLAN 8 – SITTING AND REACHING FOR TOYS

Aim

To develop sitting balance

Age

8 months

Equipment

Floor space and a variety of toys

Area required

Indoor or outdoor space of a suitable size

Time

5–10 minutes

How?

Place babies in sitting positions on the floor. Position toys in front and to the side of the babies, but within reach of babies. Encourage them to reach for toys and pick them up.



Key points

- Position a pillow/s behind babies (but not touching) for safety in case they topple over. Use small, graspable toys so that babies can easily pick them up. A variety of interesting toys will help maintain babies' interest.