

ACTIVITY PLAN 14 – INDEPENDENT WALKING

Aim

To develop walking control and balance

Age

12-23 months

Equipment

Trolley, toys, obstacle course equipment and low furniture such as a couch or table

Area required

Indoor or outdoor space of suitable size

Time

10 minutes

How?



Carrying a large toy:

- Give toddlers a large toy to hold with two hands (a ball or large teddy bear). Sit or stand about two metres away and ask the toddlers to walk towards you. You can increase the distance when appropriate. Make sure there are not any obstacles the toddlers may trip or fall on.

Pulling or pushing toys:

- Let the toddlers hold a trolley or toy pram with two hands and ask them to walk to you, sitting about 2 metres away. You can increase the distance or add obstacles to go around once the toddlers' confidence increases.

Climbing on low play equipment:

- Set up an obstacle course similar to *Activity plan 10 – Crawling obstacle course*. Provide encouragement and assist toddlers to walk over the obstacles instead of crawling.

Key points

- Close adult supervision is required for all activities.
- Assist toddlers to practise the circuit walking instead of crawling by giving one hand support until their balancing skills have improved.
- Direct the toddlers' attention to where they are walking and placing their feet.