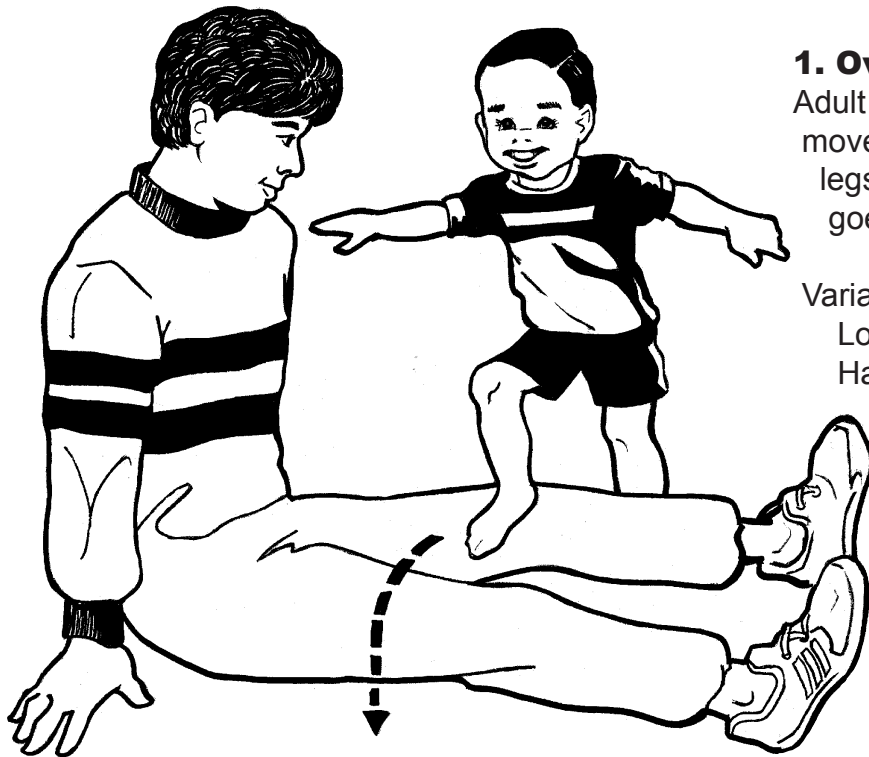


# KIDS *in action*

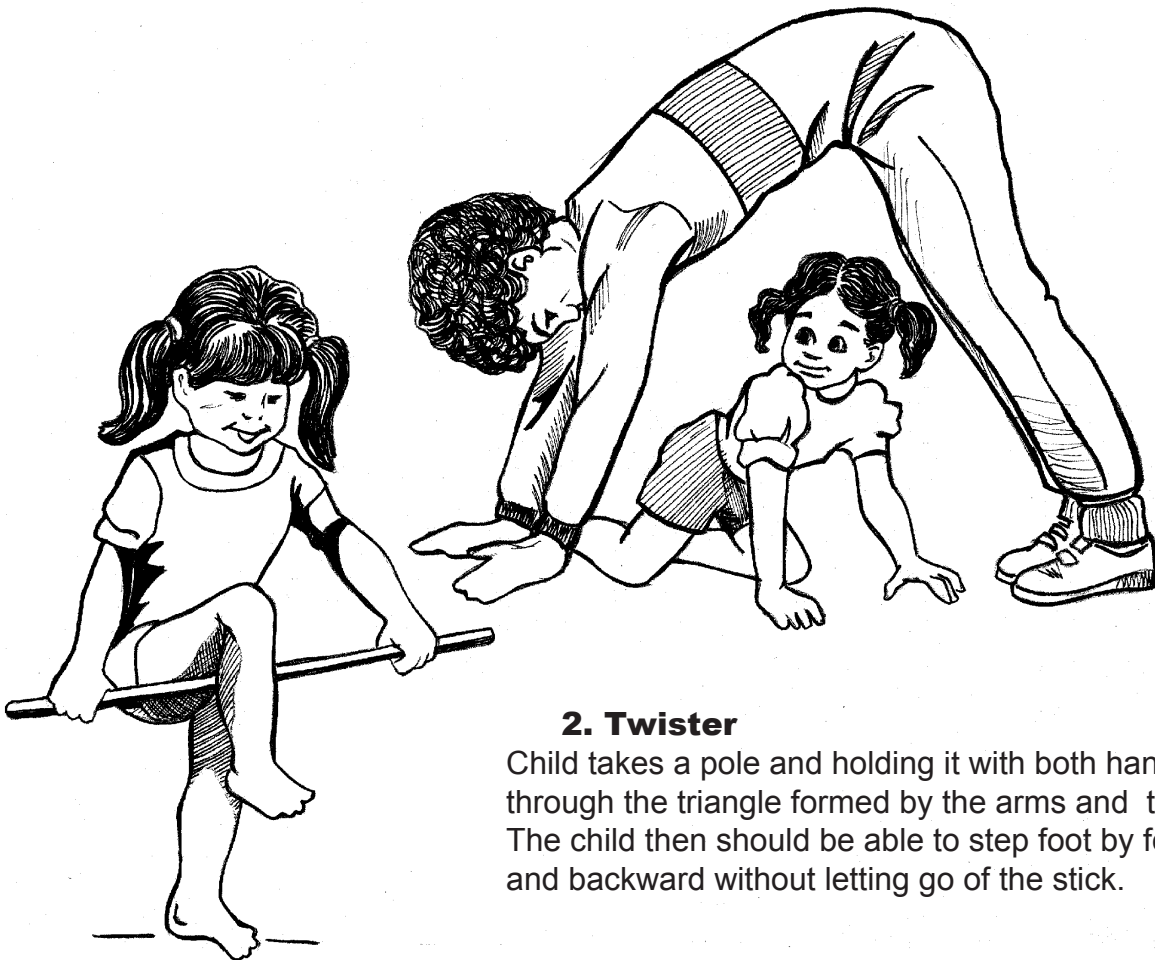


## 1. Over-Under-Around

Adult sits on floor, legs apart. Child moves around parent going over legs. Parent forms a bridge. Child goes under and around.

### Variations:

- Lower or raise height of body.
- Have child roll ball over-under and around.
- Have child form bridge.



## 2. Twister

Child takes a pole and holding it with both hands, steps through the triangle formed by the arms and the pole. The child then should be able to step foot by foot forward and backward without letting go of the stick.