

<b>Activity Name:</b>	<b>Jumping Sack Races</b>	<b># 00092</b>
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<b>My Child Learns:</b>	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Games with Rules</li> <li>• Large muscle movements</li> </ul>
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<b>What Do I Need?</b>	<ul style="list-style-type: none"> <li>• Old pillow cases</li> <li>• Masking tape</li> </ul>
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<b>How To?</b>	<p>Using your masking tape, create a 'start line' and a 'finish line' some distance apart.</p> <p>Encourage your child to step into the pillow case (you may have to demonstrate yourself first) and hold the top of the case with their hands.</p> <p>Show your child how to jump in the pillow case and move forward.</p> <p>Once your child is feeling confident, use the lines as a target for your child to cross the yard.</p> <p>Make sure you take photos of this activity for your book creations!</p>
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## Developmental Areas

	 Cognitive		 Language
	 Social		 Emotional
	 Fine Motor		 Gross Motor

\* Click on any of the links for more information about developmental areas