

Pre-Mobile Play (Module 1) Activities Handout

1. Activity 1: Providing Care Physically

When holding an infant, allow him or her to see your face. This will establish a deeper relationship of feeling secure with you.

Observe how the infant reacts to watching objects, other children, hearing sounds and voices

Observe how he or she may react when being able to see your face.



2. Activity 2: Sensory Play – Hearing

Play an assortment of music in your classroom (classical, country, pop, etc.)

Choose music that has a variety of sounds, rhythms, pitches, and patterns.

Dance, march, and sway while holding the baby and listening to the music together.

3. Activity 3: Sensory Play - Communication



Using Facial Expressions

While playing with an infant, you can use facial expressions and talk about what you're doing. The infant will listen and pay attention to gestures and voices.

Try playing with the infant using gestures, and then try playing using no facial expressions at all...Babies like facial expressions, so you might notice that they get restless when your face is stiff.

4. Activity 4: Sensory Play -Touch Activity

Introduce the infant to an assortment of objects that range in different textures, consistencies, colors, sizes, etc.



Possible objects:

- Sponges
- Cotton Handkerchiefs
- Feathers
- Fine sand paper (sand paper, filed down, smooth so infant may touch it safely)
- Balls
- Shaped Blocks
- Cellophane (The infants can crunch it and will also hear the sound)
- Ribbon

*** Reminder: These objects require that you keep close supervision when infants play with them.

5. Activity 5: Sensory Play- Touch Activity

Air Stream

Gently blows air through a straw on the infant's face, arms, or legs.

Observe the infant's reaction and response.

6. Activity 6: Sensory Play- Visual Activities

Stained Glass Window

Create a stained glass window or rainbows for your classroom with different colored tissue paper.

Let the infants observe as the colors shine down.

Mirror

Have a mirror, and let the infant look at herself and you.

Change your position while looking in the mirror so that the infant can start judging distance and learn about movement.

“Dancing Lights”

Dim or darken the lights in the room, and with either a flashlight or other lights, move the light around the room. Be careful not to move it too quickly, though.

Notice the infant’s response. Does he or she follow or even try to catch the light?

7. Activity 7: Physical Play

Baby Lotion Massage

Using a little amount of baby lotion, massage the baby’s hands and feet. While rubbing the lotion in, talk about and count their fingers and toes.

The lotion also appeals to the baby’s senses in touch, smell, and vision.

