



HELLO PARENTS,

Exploring motion with children is fascinating. A small child quickly notices that when they throw a ball it moves differently than a sippy cup they dropped from the table. Children learn to explore movement by throwing, dropping and pushing various objects, and observing how they move. As they grow, children incorporate their experiences with motion and movement into their play. In this newsletter we provide you with fun activities to explore motion.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

LET IT ROLL

MATERIALS:

- Paper towel roll
- Ping-pong ball
- Small block

DIRECTIONS:

- Place all materials in front of your child and let them explore.
- Encourage your child to drop the ball and the block inside the roll and watch their reaction. Did your child notice the difference? Do they have a preference of which object to use?

[Click here](#) for more ideas for your baby.

TODDLERS (19 MONTHS – 2.5 YEARS)

MOVE AND JUMP

MATERIALS:

- Music CD or radio

DIRECTIONS:

- Put the music on and encourage your child to move to the music.
- Label their movements (faster, slower, jump, etc.)

[Click here](#) to move to the music.

PRESCHOOLERS (2.5 – 5 YEARS)

PENDULUM PAINTING

MATERIALS:

- Foam or paper cup · Scissors · Tape
- Strings · Paint
- Large sheet of paper or newspaper

DIRECTIONS:

- Poke a hole in the bottom of the paper cup and one hole on each side of the cup underneath the rim.
- Tie a piece of string through the two holes on the side of the cup creating a handle for the cup.
- Spread the paper or newspaper on the ground.
- Before adding paint to the cup, test your pendulum with water.
- It also allows you to experiment with swinging the cup.
- Place a piece of tape covering the bottom hole of the cup and fill the cup with a mixture of washable paint and water.
- Remove the tape and swing the cup. Observe what patterns the pendulum creates on the paper.

[Click here](#) to see how you can balance balls on air.

JK/SK (4 – 6 YEARS)

MAKE YOUR OWN CATAPULT

MATERIALS:

- Eight craft sticks (popsicle sticks)
- Four or five sturdy rubber bands
- Glue · Plastic bottle cap to hold a cotton ball
- Cotton ball or crumbling paper

DIRECTIONS:

- Take six craft sticks, stack them one on top of the other and secure them together by wrapping rubber bands around both ends of the stack.
- Place the stack between two craft sticks and tie a rubber band at one end so that the sticks form a V shape.
- Glue the bottle cup to the stick on top and wait until the glue is dry.
- Place a cotton ball or crumbled paper in the cap, gently press on the stick and let it go.
- What happened to the ball? Did it fly? Did it go high or low? Where did it land?
- What do you expect will happen when you push the cap farther down? Will this make it fly higher, farther, both higher and farther or take the same path, but maybe faster?

[Click here](#) for more ideas to explore motion.

[Click here](#) to find out more about catapults.

SCHOOL-AGERS (6 – 12 YEARS)

INERTIA TOWER

MATERIALS:

- Wooden blocks or any stackable materials
- Plastic cups · Notecards or paper · String · Hole Punch

DIRECTIONS:

- Prior to the activity, prepare the notecards by punching a hole on one end and tying a length of string through the hole. At the other end of the string, tie a knot, creating a grip.
- Stack the blocks in a tower formation, placing a notecard in between each block, or every other block.
- Starting at the top, remove the first notecard with a swift pull directly backwards, avoiding pulling at an angle.
- Continue removing the cards from top to bottom, observing how the blocks inertia is keeping them in place.
- Try building a second tower using a set of objects with lesser mass (such as small paper cups). Observe whether it is easier or harder to keep the object from flying away when pulled.

[Click here](#) for more ideas.

[Click here](#) to learn about indoor skydiving.

A TIP FOR TODAY

- Create lots of opportunities for your child to experiment with movements of objects by providing cars, balls, blocks, etc. that your child can use to compare how different things move.
- Make sure your child has materials to create ramps to roll down different objects.