



Up, Down & All Around

Spatial Awareness

Children gain confidence as they learn that they have the power to manipulate objects in space by moving them around. Just like they learn how their bodies interact with space, they must learn how objects interact with space. You can help their development by helping them recognize changes in position, distance and directions.

Tips to Connect

The Hokey Pokey is a classic way to teach children basic directional concepts and movements.







MAIN PROP

Scarf

ALTERNATIVE PROP

A lightweight swaddler is a great alternative; or try stepping in and out of a hula hoop with this song to achieve the same goal.

Baby, Dance with Me

Wave your scarf according to the direction in the song.

Side to side Side to side Side to side Baby, dance with me

Up and down Up and down Up and down Baby, dance with me

In and out
In and out
In and out
Baby, dance with me

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