

This can be a fun activity even if you don't have much space. It can be done inside or outside. Tracks can be simple or difficult to suit you and your child and the space and resources you have available. This activity can be extended over a few days: making tracks, treasure hunts, etc. These activities draw on the coordination of movement- both fine and gross motor. It's a fun way to practice movement, planning and sequencing skills.

What you need

- Paper/card/old birthday/Xmas cards/tin foil, etc.
- Leaves/shells/fir cones/stones
- Chalk/paint/crayons
- Flour/icing sugar/talc
- Reference sources for looking up animal prints
- Cars/trucks/toy animals/small world toys



Games to try

Make tracks:

- Dip the wheels of toy cars in paint and 'drive' them over paper to make tracks
- Dip toy animals/people into paint and make footprints
- Ride your bike/scooter/buggy/wheelchair, etc. through a puddle of water or mud to make tracks outside

Create tracks of your own to follow:

- Draw round hands or feet to make foot/handprints and cut them out
- Draw hands and feet straight onto pavements/paths to make tracks
- Use leaves/shells/fir cones /stones/small toys to make tracks
- Use cardboard to make templates and sieve flour/ icing sugar/talc over the template to make a track

Follow tracks:

- Try to follow the tracks matching your hands and feet to the cut-outs
- Use foot/handprints/shapes to make treasure trails. Encourage your child to follow the track and bring you back the 'treasure' it leads to
- Try making more than one track using coloured card and ask them to follow just one colour
- Make bear footprints and go on a bear hunt to find 'teddy'

Considerations

- If your child has a visual impairment try using shiny or high contrast colours
- You might need to show your child what to do first to encourage or model for them
- It's important to keep this at your child's level so that the challenge is just right
- If your child has mobility difficulties match the equipment they use to the game e.g. mobile stander, Kaye walker, buggy, wheelchair
- Adapt the game to suit their ability level e.g. pick up the prints or treasure for them, ask them which way to turn, limit choices to two, etc.

What might your child learn from these activities

- Making choices and practising shared-play skills
- Supporting proprioception (the sense that controls body awareness)
- Developing the vestibular system (the sense that controls balance and movement)

What else could you try

- Footprints (play@home preschool page 40)
- Stepping stones (play@home preschool page 44)
- You could make garlands with the cut-out prints
- Make play dough dog/cat paws and print with them
- Look online or in books to find different tracks and footprints and match them to the animal
- Read or watch the story 'We're going on a bear hunt'
- Walk/crawl/slither like different animals