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## Blanket or Towel Fun!

Great for a child who:

Is learning to interact or play with others

Is learning to use words to make requests

Is learning to request/say, more, go, stop

Is learning descriptive concepts such as up/down, fast/slow

Is learning to imitate exclamatory words [such as weee, yay, uh oh]

Enjoys movement and active play

How to play:

This activity works best with two adults or an adult and older sibling. Spread a blanket out on the floor and have your child lie down on it. Adults stand on opposite sides of the blanket and slowly pick it up and gently swing and sing to child. Make it Fun!

After a few minutes, lower the child to the ground. Encourage your child to request: More swing, up, go, etc. Create a routine by singing the same song and using familiar language. After the routine is established, pause and wait between swings.

This is a fun activity that you can enjoy with your child! Encourage and model words your child is learning such as up, down, go, stop, more, and all done.