

## Over and Under: Learning Positional Words and Playing Together

### Instructions:

1. Spread the blanket on the floor.
2. Sit at the same level with your children. Throughout the activities draw their attention to the position words “over” and “under.”

### With babies:

1. Lie on your back. Hold your baby over you or hold him in a sitting position on your stomach. Talk to him about where he is and what he sees.
2. Change positions. Lay your baby on his back. Kneel over him on your hands and knees. Continue talking.
3. Hold your baby in your lap. Place a favorite toy over the basket or box. Draw your baby’s attention to the toy. “Your ball is over the box.”
4. Next, put the toy under the box. Help your baby find it. “Where is your toy? Oh look! It’s under the box.”

### Materials:

- Blanket
- Favorite toy
- A box or basket that can easily be turned over



### What they learn:

- **Motor:** Stepping over and crawling under helps strengthen your children’s large muscles. Grasping toys and moving them into position gives practice with the small muscles in their fingers and hands.
- **Language:** Your children are learning positional language as you talk about placing objects “over” and “under.”
- Being actively engaged while learning about a new concept, for example, getting their bodies into position while you say the words, helps your children form connections in their brains.