

Let's Get Moving

Exercise

Moving Backwards

Challenge your child to see how many ways he can move backward. (This challenge may be difficult for young toddlers, but older preschoolers will enjoy it.) Try one or more of the following movements:

- Walking
- Running
- Hopping
- Crawling
- Skipping
- Scooting along on his bottom
- Crab-walking







Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.