



Wriggling



Snake

This can be a very spontaneous game. Although usually played with a rope, it can be played with a string, a long scarf or a ribbon. It can also be made very easy or more challenging depending on how fast you can move!

Goals



- ✓ Share attention
- ✓ Eye-foot coordination
- ✓ Timing
- ✓ Visual, Proprioceptive and vestibular stimulation
- ✓ Spatial awareness

Materials

Small piece (around two or three feet) of rope, string, scarf or ribbon.



Set up

Lay one end of the rope flat on the floor. Hold the other in your hand.

Directions:

Wiggle a rope on the ground. Challenge your child to step on the end of the rope to 'catch the snake'. When they go to step on the rope, wiggle it out of the way. Keep challenging them until they step on the rope. Move the rope as swiftly or as slowly as needed to keep your child interested but also successful.



HAVE
FUN!

Variations:

When the rope is stepped on, encourage your child to keep it down with their foot whilst you try and pull it away. This adds the challenge of maintaining balance. Take turns- have your child be the one who holds the rope.