

Physical Development



Physical Development: 16-26 Months

Moving and handling

- Give me a little bag to carry something in when we go shopping.
- Give me a bucket to put interesting things in when I'm digging in the mud.
- Give me rolling pins and cutters to see what I can do with them when I'm playing with the dough.

Health and self care

- Let me wash my hands and face by myself.
- Let me try to put my boots on by myself.

Physical Development: 22-36 Months

Making relationships

- Make dens from sheets and blankets that I can play in with you or my friends.

Self confidence and self awareness

- Make a box with different things in it, like glue and different types of paper, that I can choose from when I'm making a picture or model from boxes.

Managing feelings and behaviour

- Talk to me about the order I need to do things in, like brushing my teeth or getting ready for bed.

Physical Development: 30-50 Months

Making relationships

- Let me build things with my friends using big cardboard boxes and pieces of fabric.

Self confidence and self awareness

- Let me help you match the socks together.

Managing feelings and behaviour

- Let me dress up and pretend to be a nurse, doctor, firefighter, mum or dad.
- Explain to me why I cannot do things like run around the supermarket.

Physical Development: 40-60 Months

Making relationships

- When we go to the park ask me what we can do there or what things we see growing there.

Self confidence and self awareness

- Let me tell you how you can help me when I'm making something.

Managing feelings and behaviour

- Talk to me about how to keep safe when we're going to cross the road at a pelican crossing or zebra crossing.