

# Foundational Skills

## Why are they important?

Foundational skills improve body awareness, strength, flexibility, coordination and endurance.

Just a few minutes of play several times a week helps children build healthy habits, improve motor skills, and better relate to others.

Let's  
Practice  
& Play

## Getting started: Play the "Scarf Game"

### How to play

1. Get a lightweight scarf, small cloth or hand towel.
2. Gently wave it in the air as your child follows it with his or her head and eyes.
3. Hold the object up high and then drop it, allowing your child to catch it with his or her hands, feet or other body part.

**Tip:** Have other family members join in the fun. Instead of dropping a scarf, gently toss it to each other.



Note to Families: Keep this someplace visible as a reminder to be physically active and play together whenever you have a few minutes.



Special Olympics  
Young Athletes

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More Activities to Try

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Inclusive play benefits children with and without intellectual disabilities.

**Obstacle Course:** Set up obstacles for your child to go under, over or around. For example, lay a broom across two chairs and have your child crawl under it. Or lay the broom on the floor and have your child jump over the handle.



**Freeze:** Invite your child to crawl, walk backwards or twist and turn as you play music. Stop the music after several moments and have him or her freeze. Resume the music to continue play.



**Animals:** Have your child pretend to be different animals by moving in different ways. Bears and crabs are great choices!



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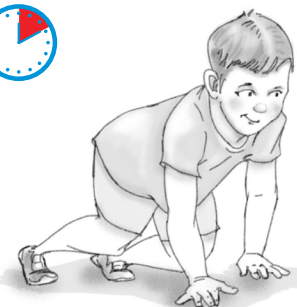
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