TUNNEL TIME

Play provides an important context for learning! Gross motor activities such as tunnels are a great way to build coordination and balance.

MATERIALS
- Plastic tunnel or large boxes
- Tape
- Ribbon

HOW TO PLAY
Encourage your child to crawl through the tunnel. Tunnel play is a great way to work on gross motor skills with your child such as balance and core strength.

Safety tip: Watch your child in the tunnel. Encourage them to go one at a time through the tunnel to prevent a pile-up!

LET’S TALK ABOUT IT!
- Play Peek-a-Boo! Pull the top edge of one end of the tunnel down to the floor to close it off. Letting go gives a nice dramatic “Peek-a-Boo!”

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