

Home activities...



Row Your Boat

Baby &
Pre-school
age 0-4



Active



Stimulation



Play



The basic principles of the activity & how you execute it

Sit on the floor facing your partner, holding hands (bent knees needed so you can reach). When one leans forward, the other leans backwards so you are rowing. Start singing Row Your Boat and rock back and forth

- On 'life is but a dream', gently let go of the hands and lie down to 'sleep' and dream.
- On 'our little boat will shake', gently let go of the hands and shake from side to side like you are on a wave
- On 'don't forget to shiver' gently let go of the hands and shiver
- On 'don't forget to roar' keep hold of hands and roar as loud as you can
- On 'snap snap snap', make some crocodile arms by extending your arms and snapping then scream as loud as you can.



What you will need

A comfortable surface is needed and two people (you and your little one).



Notes for parents

Join in – it's better than sit-ups!



Find out more information at puddleducks.com

