

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Activity: Toe tipping, toe gripping

Young children love being on the go in a busy, stimulating nursery, but they also need time out for calm and rest.

While many children enjoy the sensory feedback from traditionally calming activities such as gloop or sand play, this toe tipping, toe gripping activity will offer a gentle yet focused activity for those children who prefer not to get messy.

Learning aims

- Calm, rest, focus, well-being
- Physical development, including sense of space and balance.

Resources

- Selection of objects, not too large or heavy, such as minifigures (people, animals), pebbles, large marbles or glass gems
- Tray, bowl, bucket.



Activity outline

1. Place the tray on a flat surface, indoors or outdoors, and place the objects around the tray
2. Invite children to take off their shoes and socks and sit facing the tray
3. Demonstrate how to pick up an item with your toes, gripping it and placing it on the tray. You may need to shuffle forwards on your bottom before releasing the object so it goes on the tray
4. Now let the children try. Encourage focus, calm and quiet while they concentrate on the activity
5. They may decide to grip the object with both feet until they build up the skills to use just their toes
6. Talk about objects they find easy or hard to pick up. They may wish to collect other objects to see if they can pick them up
7. Let the children put their own socks and shoes back on, scaffolding their skills until they are confident to do this independently.

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Extension ideas

- You can add to the difficulty of the activity by using a bowl which is smaller than the tray – to develop their accuracy – or a bucket, which will require them to lift their feet up higher.

NDNA products to support you with this activity

- Online course - [Promoting personal, social and emotional development](#)
- Online course - [Sensory skills \(EQUIP\)](#)