



Magic Carpet: Using balance

EYFS Area: **Physical Development**

Learning Goal: **Moving and handling**

Did you know?

Using tummy muscles helps develop core strength which keeps children strong, balanced and fighting fit!

How to play

1. **Explain** to your child that you are taking a magic carpet ride through the sky.
2. **Lay** out three pillows and pretend they are clouds. Ask your child to lie or sit down on the blanket. Lying on their tummy may be easier at first.
3. **Gently** pull your child on the blanket and ask them to collect the 'clouds' as you move past them.
4. **Continue** your adventure around the room before landing safely somewhere to relax.

TIP: Encourage your child to give commands like 'stop' and 'go' as you move along.

Level 2

While you are pulling your child on the blanket, encourage them to **sit and lie** in different positions while you pull them along - it will develop their balance.

Level 3

While you are pulling your child around the room and they are collecting the pillows, pretend to spot **imaginary objects** in the 'sky' like stars and rockets and ask your child if they can see them too!

Top tip

Imagine other things in the sky, like birds and stars - and transport your child to another world!

