

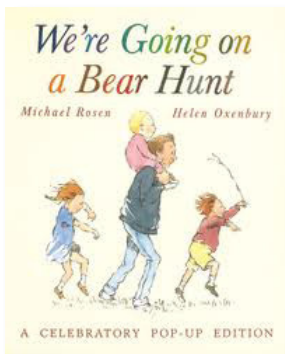
# Follow the trail

## Let's play and talk together

- ❖ Use a string or rope to make a winding trail through your play space. It could be outdoors on a grassy area, or indoors around the furniture or down a hall.
- ❖ Invite children to follow the trail using crawling and creeping actions.
- ❖ Ask children to suggest other ways of moving along the trail, e.g. scampering like a squirrel, stalking like a cat, creeping backwards, etc.



## A good read-together book



**We're Going on a Bear Hunt** by Michael Rosen and Helen Oxenbury

You will need a long stretch of space and 10 metres of string, wool or rope to mark the trail.

This activity is good for developing creativity, body control and awareness of space, and for learning words to describe positions, e.g. over, under, through, beside, between, along.

## Hints for success

- ❖ Start the game by being the leader. Invite the children to follow your actions.
- ❖ If children have difficulty thinking of movements, talk about creatures they know and do some examples of their movements together.

Remember how that snake slithered through our garden?

I'm a cat stalking a bird and I'm creeping toward it.

## Ways to say it

# More ideas for Follow the trail

## Try this way

- ❖ Arrange the trail to go over, under, between and around objects. As you move along the trail, describe where the trail goes and invite the children to do the same.
- ❖ Encourage children to design a trail using their imaginations. Ask them where it goes and what they might find along the way.
- ❖ Introduce number sequences, e.g. "creep three paces forward, crawl back four, shake like a wet dog, then crawl forward six more."
- ❖ Invite older children to try this activity in pairs, with one child leading the creeping/crawling while the other child holds on to the leader's ankles and follows behind. Children can take turns being the leader and follower.



## Creative play

After reading *We're Going on a Bear Hunt*, pretend the rope is the trail to the bear's cave. Join the children in acting out the story along the way to the cave, and reverse the actions as you escape from the bear.

## Caterpillar

"Who's that ticklin' my back?"  
said the wall,  
(crawl fingers up the child's back)  
"Me," said a small caterpillar,  
"I'm learning to crawl."

Anonymous

## Language development

Read the *Caterpillar* poem together, and take turns doing snail tickles up one another's backs.

## Book link

"Slowly, Slowly, Slowly," said the Sloth  
by Eric Carle