



Kicking Balls

Provide a variety of types of balls (e.g., different sizes, textures) for children to explore. Model and encourage children to kick the ball hard and then soft. Practice hard and soft kicks.

For example, play inside the classroom with a soft, foam ball and have children take turns moving across the room with the ball. Use during a Morning Circle to kick and greet each child.

More Support: Encourage children with limited mobility to move the ball in whatever way makes sense for them (e.g., throwing, pushing, rolling).

Narrate Self-Confidence

“You had trouble kicking it at first, but you kept trying and you did it!”

“You worked really hard to kick that small ball across the room. You look very proud of yourself! Nice!”