



## Stepping Stones

Use pieces of colored paper, fabric, towels, or the colors or shapes in your existing carpet/floor coverings in your room, hallway, or playground. Encourage children to problem-solve and find ways to move across the room, stepping only on those materials. Increase the challenge by moving the materials further apart, arranging in a different pattern, limiting the colors they can step on, or having them move in different ways.

**More Support:** Play follow the leader as you model and narrate problem-solving, and children follow along behind you through the course. Gently guide younger children through the course or allow them to move across the materials how they choose. Move “stones” closer together or offer a hand as they move from stone to stone.

### Promote Autonomy

“Hmmm, it’s hard to reach that one. I wonder if you can move it to make it easier for you to get to.”