



Walk Across the Grass

Play a simple walking game on grass. As your child moves from one caregiver to another, the uneven surface invites small balance adjustments and gradually longer independent walks.

Helps Your Child Grow



Gross Motor

Walking toward a caregiver without holding a person or object gives your child practice balancing and moving independently.



Cognitive Self-Regulation (Executive Functioning)

Crossing an uneven surface to reach a waiting caregiver gives your child a motivating, manageable physical challenge to persist with.



No materials needed.

What You'll Need

No materials needed.



Explore the Grass

Find an open grassy area and first give your child time to walk freely. Grass feels softer and less even than the floor at home, so let them notice the surface and adjust their steps before beginning the game.

Observations

- Attempts to walk on the grass
- Stomps their feet to explore how the grass feels

Tips

- Walking on different surfaces gives your child varied feedback about balance and invites them to adjust their body.
- After grass becomes familiar, other outdoor surfaces such as sand or a smooth gravel path can offer new balance experiences.



Follow Mom

Once your child is comfortable on the grass, Mom can stand nearby and call them over. As your child approaches, she slowly steps backward or to one side, giving them a reason to change direction and keep walking. Let your child move independently and support them if they begin to fall.

Observations

- Walks toward you after hearing you call
- Changes direction when you move to one side

Tips

- Mom can step slightly back and to the left or right so your child practices turning while walking. Keep the movement small and easy to follow.



Walk to Dad

Next, make Dad the farther destination. He can sit beside a picnic blanket, smile, and invite your child to walk over. Repeat from several starting places or switch family members so your child gradually walks farther and more steadily.

Observations

- Walks a short distance without holding on
- Keeps walking until reaching Dad

Tips

- When your child arrives, Dad can offer a hug and specific encouragement. The warm response makes the walk feel worth repeating.