



Find the Tallest Stairs

Climb different stairways in your neighborhood, remember how each one felt, and compare their heights. Repeated climbs turn a familiar outing into a whole-body challenge.

Helps Your Child Grow



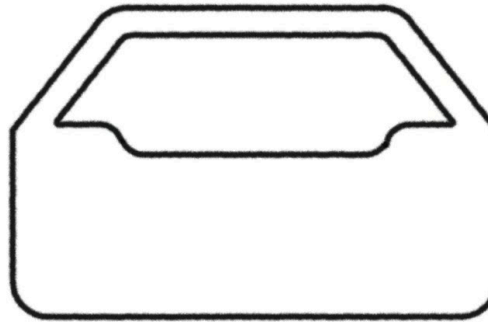
Gross Motor

Climbing steps gives your child practice shifting their weight, coordinating their body, and building leg strength.



Cognitive Self-Regulation (Executive Functioning)

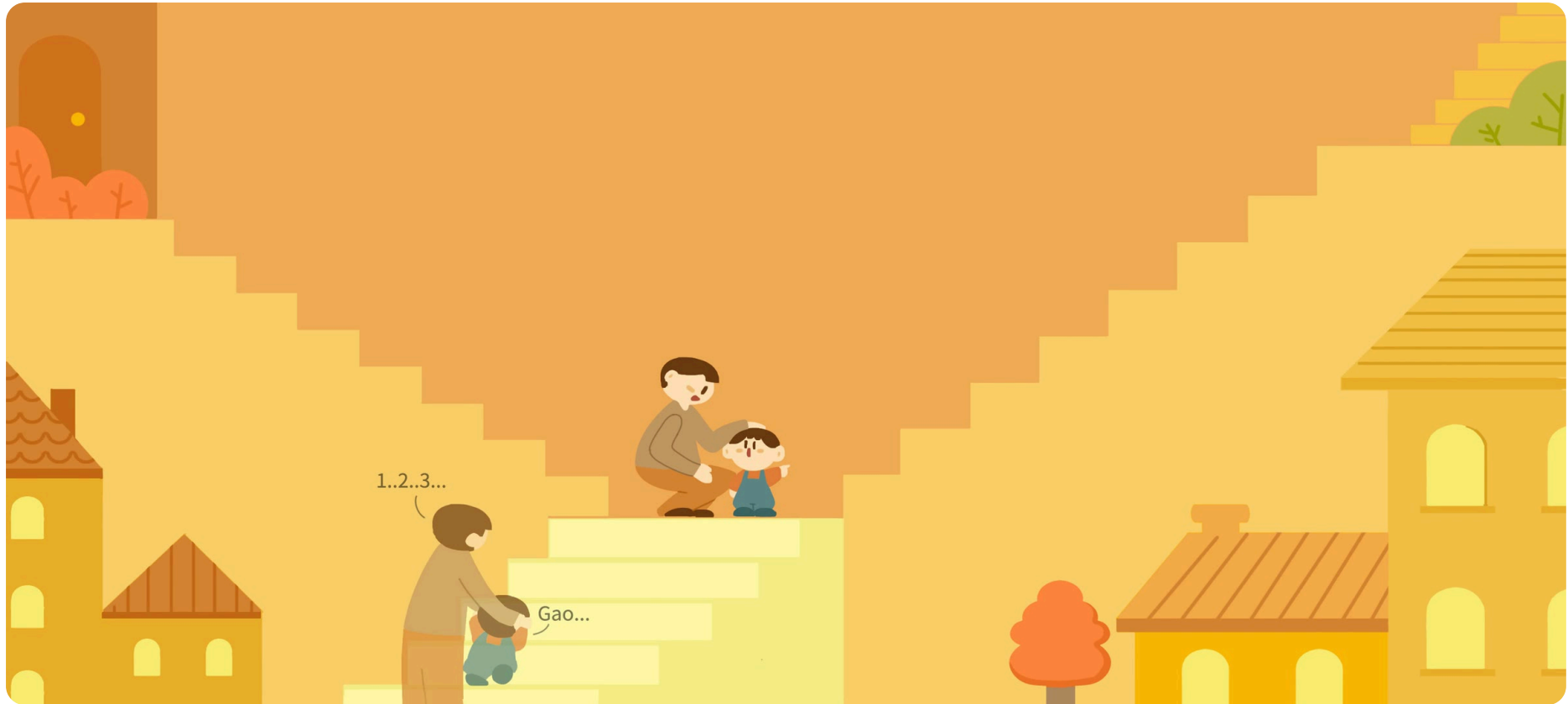
Completing one stairway and choosing a taller one gives your child experience using a recent success to persist with a new challenge.



No materials needed.

What You'll Need

No materials needed.



Climb Step by Step

Find a stairway in your neighborhood and invite your child to climb one step at a time. If they are still learning, hold their hand or support them at the waist to help with balance. Notice each section they complete and encourage them to keep going.

Observations

- Lifts a foot onto a step with your support
- Keeps climbing one step at a time until reaching the top

Tips

- Count the steps or sing a simple climbing chant, such as “Step, step, up we go,” to add rhythm and fun.
- Give specific encouragement after a section: “You climbed all three steps.”
- Let your child use the railing while you support their balance at the waist as needed.
- Climbing steps engages the legs while also challenging whole-body coordination and balance.



Which Stairway Was Taller?

After one stairway, climb a second one. Pause and remember both together. Ask which was taller and which was shorter.

Observations

- Recalls and tells you which of two stairways was taller
- Shares something about the stairway they just climbed

Tips

- Model simple comparison words such as “tall” and “short,” then give your child a turn to describe the stairways.
- Crouch to your child’s eye level and point toward each stairway as you compare them.
- Prompt memory with a specific clue: “Do you remember the stairs beside the big tree?”
- Talk about how each climb felt - quick, long, easy, or tiring - and connect that experience with the height comparison.



Try the Tallest One

If your child still wants to climb, look for a taller stairway and take on the new challenge together. If they slow down, recall a stairway they already completed and offer support. At the top, clap together and celebrate finishing.

Observations

- Looks for another stairway to continue the challenge
- Looks at how the view changes after climbing the stairs

Tips

- Specific, timely encouragement can support #SE-SIB and help your child feel proud of completing the challenge.
- When your child calls a stairway tall or short, look at it together and let them check their idea.
- Recall a recent success: “You climbed the shorter one. Let’s try this one together.”
- If your child remains eager, keep exploring and compare another stairway.