

## 10 Great Things to Do Barefootin'



1. **Foot massage.** Massage feels good at any age, but is particularly great for babies just learning about their bodies.
2. **Cold feet!** For older kids, rub an ice cube over the child's feet for a great, shivery, sensory experience! Of course, be guided by the child. If it's too cold, it won't be fun.
3. **Texture track.** Scavenge around for different textures to walk or crawl on, including bubble wrap, sandpaper, tinfoil, and just for the fun of it, sticky tape!
4. **Barefoot soccer.** Outdoors in the grass, practice dribbling a soccer ball in bare feet. Indoors, set up a game of soccer on the floor using a beanbag as the ball!
5. **Piggie painting.** Outdoors, lay out a large sheet of paper and fill two foil pie plates with different colors of paint. Have kids step into the paint, then onto the paper, and see just how creative their feet can be!
6. **Toe tickles.** Put a feather between the child's toes and challenge him to tickle his own nose, ears, elbows, and so forth.
7. **Foot fishing.** Scatter some small blocks or toys on the floor and have the child pick them up with his toes and put them in a bucket or tray.
8. **Toe to toe.** Have children sit facing each other and press their feet together. Lift the feet and "dance" in midair to some high-energy music.
9. **Footraces.** Set up a race course and have children run different "footraces" on different parts of their feet—their toes, heels, and the inside or outside edges of the feet. Once they get the hang of it, have them try racing sideways or backward.
10. **Ten tall tootsie tales.** Invite the child to paint faces on his toes. Talk about the different toes and make up different personalities for them. Then walk, run, and jump through the day, telling tall tootsie tales!