


Activity	Build a blanket fort with tunnels
Materials	Blankets, cardboard, pillows, books
Skills Targeted	Crawling (lower and upper extremity strength and coordination) prone skills (core strength and upper extremity stability) and creativity!
Instructions:	<ol style="list-style-type: none"> 1. Gather materials and focus on making low to the ground tunnels to target crawling skills. 2. A long box or blanket between a couch and coffee table can make a nice tunnel.  <p>The illustration shows a child's room with a wooden chair and a coffee table. A white blanket is draped over the chair and table to create a fort. A blue blanket is laid out on the floor between the chair and table, forming a tunnel. A stack of books is visible on the right side of the fort.</p>
Modifications:	<ol style="list-style-type: none"> 1. If your child is not yet crawling, this can be a great activity for working on crawling as an emerging skill. 2. If your child is learning to sit, this is a nice way to work on sitting reach and balance. 3. If your child needs a challenge, you can add more tunnels or obstacles.