

Knee Rides

Age: 0-18 months



What's needed

No materials needed

What to do

1. Knee rides are a good way for a baby to get a good bounce. Have her sitting on your lap, facing you.
2. Hold her under her arms and move your bottom forward until you are sitting on the edge of the chair. Lift your heels so your baby gets a good bounce while you recite some bouncing rhymes such as:

Humpty Dumpty

Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fa-a-a-ll.
All the king's horses and all the king's men
Couldn't put Humpty together again.
(Quickly lower knees to floor on "fall," then bounce her again.)

Jack 'n Jill

Jack 'n Jill went UP the hill
To fetch a pail of water
Jack fell DOWN
And broke his crown
And Jill came tumbling after

What children will learn

Listening, speaking