

Recommended Activities for “Tickled Toesies”



Twinkle Toes

Attach bells to your tiny dancer’s shoes or ankles and invite them to move about in different ways to create a twinkling sound with their feet. This activity builds body awareness, large motor skills, auditory awareness, and an aesthetic sense! <https://pedagogue.app/20-fabulous-feet-games-for-kids/>

Sensory Walk

Provide your wee walkers with a path of varied surfaces for a sensory walk. Children will expand sensory observation and tactile skills, build body awareness, and become familiar with concepts of smooth, rough, bumpy, tickly, etc.

<https://www.teachingexpertise.com/classroom-ideas/feet-games-for-kids/>



Foot Actions

Encourage your mini athletes to try out an array of actions using their feet and toes, such as wiggling their toes, walking on the balls of their feet, heel-walking, and walking on their tiptoes. A terrific activity to support body awareness, tactile awareness, small and large motor skills, and balance! <https://www.teachingexpertise.com/classroom-ideas/feet-games-for-kids/>

Footpath Game

Adapt the activity found on the Teaching Expertise site to support your little learners’ sense of body awareness, spatial awareness, sequence, and distance. Create a simple path showing footprints only, varying the symbols from single feet to pairs of feet, signaling stepping vs. stopping.

<https://www.teachingexpertise.com/classroom-ideas/feet-games-for-kids/>



Foot Painting

Build your budding artists’ sense of body awareness and aesthetics with this activity found on the Teaching Expertise website. This fun activity enhances tactile awareness and builds concepts including shape, color, and comparison.

<https://www.teachingexpertise.com/classroom-ideas/feet-games-for-kids/>