

Bumpy Lane Crawl

Inspired by: Meandering Path

Recommended Age: 6–12 months

How this supports your child’s development:

- **Sensory Exploration** (touching varied textures through hands, knees, and feet)
- **Gross Motor** (crawling over surfaces with different resistance)
- **Cognitive** (discriminating between sensations, adjusting movement)
- **Executive Function** (persistence — crawling even when texture changes)

At-Home Setup & Instructions:

Create a simple texture path on the floor using a blanket or yoga mat as the base. Add sections with crinkly paper under fabric, a strip of bubble wrap, a folded towel, or a silicone mat. Let baby crawl or scoot across the path barefoot and in clothing that lets them feel the textures on their knees.

Parent Tip:

As baby moves, label the textures: “That’s squishy... now you’re on the bumpy one!” This helps connect sensation with language.