

Objective 5

Demonstrates balancing skills

Related Objectives: 2a, 8a, 11a, 15a

What You Do

- 1. Invite a child who is able to sit up unsupported to join you on a comfortable chair. Hold the child securely on your lap facing you.**
- 2. Gently bounce your knees up and down as you chant the rhyme.**

To market, to market, to buy a fat pig;
Home again, home again, dancing a jig.

To market, to market, to buy a fat hog;
Home again, home again, jiggity-jog.
- 3. Repeat the rhyme. Make your bounces larger as you say, “Home again, home again,” and lift him into the air on “jiggity-jog.”**

- Turn the child so he is facing outward and looking at other children as you bounce and chant the rhyme.
- As you chant the rhyme, tip the child from side to side by raising one of your legs and then the other. Give the child a hug as you say “jiggity-jog.”
- Invite toddlers and 2-year-olds to copy your movements as you repeat the rhyme. Dance as you say “dancing a jig” and jump in the air as you say “jiggity-jog.”