

# Crunch & Stretch



Just crumple up this piece of paper for an exciting “exercise” with the idea of bigger and smaller. Comment on how the paper looks smaller. Stretch out the crumpled paper. Comment on how it’s big again. Point out all of the wrinkles. Encourage your child to feel them. With your assistance, if needed, have your baby crumple the paper

into a paper ball again so that he/she can feel the process. Take turns with your baby rolling the paper ball to your baby. Play a little paper basketball: toss the paper ball into a paper bag or bowl.