The Child Unplugged

TRANSPORT & MOVEMENT

Activity Book



@TheChildUnplugged
www.TheChildUnplugged.com

Introduction

Children are naturally drawn to things that move—cars, trains, planes, and boats spark curiosity and excitement. These activities turn that interest into fun, hands-on activities exploring different types of transport and how they move.
As children play, they build early skills like observation, coordination, vocabulary, and problem-solving through simple, engaging activities.
Get ready to explore, move, and playfully discover the world of transport!





Why Transport & Movement Play Is So Valuable

Transport play naturally supports:

- Gross motor development (pushing, pulling, climbing, balancing)
- Fine motor skills (grasping, placing, turning, sticking)
- Language development (naming vehicles, sounds, actions, directions)
- Cognitive skills (cause & effect, problem-solving, sequencing)
- Sensory regulation (movement input, water, textures)
- Social-emotional growth (turn-taking, confidence, independence.



How to Support Play at Home

- Follow your child's interests and energy level
- Repetition is a sign of learning
- Short play moments are enough
- Narrate what you see instead of asking many questions
- Join in when invited—observe when not

There is no need to do everything at once. One small setup can lead to rich learning.







Ideas

Transport & movement activities combine play, imagination, and physical action to help children explore how things move and travel. Through creative tasks, sound play, and active games, children build coordination, language, and problem-solving skills while having fun learning about the world around them

VEHICLE WASHING STATION

SET UP:

- Shallow basin, bucket, or storage box
- Water table or sink
- Outdoor tub or tray
- Place a towel or mat underneath to allow relaxed, mess-friendly play.

EXTENSION IDEAS

Wash → Rinse → Dry Sequence: Introduce a simple order of steps. Lay out towels Line up clean vehicles afterwards: This supports early sequencing and independence.

Dirty to Clean Play: Wash vehicles covered in mud, sand, paint, or foam. Talk about "dirty" and "clean" without pressure. Celebrate the process, not the result

Sorting & Organisation: Clean vs dirty vehicles. Big vs small. Washed vs not yet washed. Line-up play is calming and meaningful

BENEFITS:

- Sensory regulation · Fine motor strength · Hand–eye coordination · Early independence · Language development · Emotional calming
- A vehicle washing station combines water, repetition, and purposeful action, making it especially supportive for toddlers who enjoy routine, sequencing, or calming sensory input. It also mirrors real-life experiences, which builds understanding and confidence.



HOW TO ADAPT:

- **For a Child Who Seeks C**alm & Focus: Use warm (not hot) water, offer slow, repetitive actions (wipe, squeeze, rinse), sit quietly nearby, and narrate gently. Allow long periods of repetition. This can be a beautiful regulation activity after high-energy play.
- **For a Child Who Loves Big Movements:** Carry vehicles to and from the station. Scoop and pour water repeatedly. Use larger containers or heavier vehicles. Combine with pushing or pulling a basket of vehicles
- **For a Child Who Is Hesitant With Water:** Start with a dry "pretend wash." Offer tools to avoid direct hand contact. Let them observe first. Begin with just dipping wheels or small splashes. Respecting boundaries builds trust and confidence.

VEHICLE TRACK PAINTING

SET UP:

- Large paper on the floor or table
- Cardboard boxes opened flat
- Paper taped to the wall (standing play)
- Outdoor surfaces (washable paint only)
- Secure paper with tape to prevent slipping and frustration.

EXTENSION IDEAS

Colour Exploration:
Roll through one colour, then another. Watch colours mix naturally. Name colours casually (“blue lines”, “yellow wheels”)

Direction & Pathways:
Create roads with tape under paper. Roll up, down, across. Add ramps leading onto the paper

Story-Based Painting:
“The truck is driving through mud.” “The car is racing home.” Narrate as the vehicle moves rather than asking questions

BENEFITS:

- Builds fine motor skills through gripping, pressing, and guiding vehicles
- Encourages creativity and self-expression through colour and pattern making
- Supports early cognitive development through cause-and-effect exploration
- Improves hand-eye coordination as children guide vehicles across paper
- Enhances sensory exploration through paint texture and movement



HOW TO ADAPT:

- **For a Child Who Loves Big Movement:** Place paper on the floor. Encourage long pushes across the page. Use large vehicles. Tape paper to the wall for vertical movement. This supports shoulder strength and body awareness.
- **For a Child Who Prefers Control & Precision:** Offer smaller vehicles. Use a smaller painting space. Move slowly together. Watch the tracks appear in detail. Some children enjoy watching the marks more than making them.
- **For a Child Who Is Hesitant About Paint:** Start with dry rolling (no paint) Let them observe first. Use gloves or tools initially. Begin with one finger touch if ready. Exposure without pressure still counts as participation.

STICKERS

SET UP:

- Paper or card
- Cardboard boxes
- Paper plates
- Windows or mirrors (reusable stickers only)
- Tape roads on the floor or table

A low table or floor setup works best for comfort and control.

WHAT YOU NEED:

- Stickers
- Vehicle stickers
- Dot stickers
- Reusable or puffy stickers
- Masking tape strips (great alternative)
- Fine Motor Add-Ons
- Small vehicles
- Wooden roads or tracks
- Pegs or clips
- Containers for posting or sorting

Tip: Stickers that are easy to peel reduce frustration and build confidence.

BENEFITS:

- Fine motor strength · Hand–eye coordination · Visual attention · Early independence · Creativity · Calm focus
- Sticker and fine motor vehicle play helps toddlers build the small hand muscles needed for everyday tasks, all while staying playful and pressure-free. These activities are especially valuable for moments when children need calmer, more contained play.



HOW TO ADAPT:

For a Child Who Is New to Stickers: Start with larger stickers. Partially peel the sticker for them. Let them place it anywhere. Focus on the action, not the result
Peeling takes strength — support is part of the learning.
For a Child Who Loves Precision: Create simple parking spaces. Match stickers to drawn outlines. Line vehicles up after placing stickers. Offer smaller stickers for challenge
For a Child Who Seeks Sensory Input: Use textured or puffy stickers. Press stickers firmly onto cardboard. Combine with pushing vehicles over taped roads

RAMPS & INCLINES

SET UP:

Ramps don't need special equipment. Everyday items work perfectly:

- Cardboard pieces
- Books or magazines
- Cushions or sofa arms
- Wooden planks
- Outdoor slopes or playground slides
- Secure ramps against a wall or heavy object if needed for safety.

LANGUAGE

- "It went fast."
- "It stopped."
- "Up the ramp... down."
- "Again!"

VARIATIONS

- A different vehicle
- A new height
- A new surface
- Indoors vs outdoors
- Small changes keep the learning alive without extra effort.

BENEFITS:

- Gross motor development · Problem-solving · Cause & effect · Early STEM thinking · Visual tracking · Emotional regulation
- Ramps and inclines invite toddlers to explore movement, speed, and control. This type of play is simple on the surface but incredibly rich, helping children understand how their actions create outcomes.



HOW TO ADAPT:

- **For a Child Who Loves Speed & Energy:** Make ramps steeper, Use phrases like "Ready... steady... GO!", Race two vehicles side by side, Add a crash zone with pillows or soft blocks. This type of play offers safe excitement and helps children regulate big energy.
- **For a Child Who Is Cautious or Observational:** Start with a gentle slope, Roll vehicles slowly together, Sit at the bottom and receive the vehicle, Let them send the vehicle while you retrieve it. Watching movement is still active learning and builds confidence over time.
- **For a Child Who Needs Heavy Work:** Use heavier vehicles or objects, Push vehicles up the ramp, Pull vehicles back with a rope or scarf Add resistance (fabric or textured mat on the ramp) Heavy work supports body awareness and calm focus.

OBSTACLE COURSE

SET UP:

Indoor ideas:

- Cushions or pillows to step over
- Chairs to crawl under
- Tape lines on the floor to follow
- Laundry baskets to climb in and out of
- Sofa cushions for balancing

Outdoor ideas:

- Logs or stepping stones
- Slopes or small hills
- Chalk paths
- Cones or buckets to walk around
- Playground equipment

CAREGIVER TIPS

- Let your child choose how to move
- Avoid lifting unless invited
- Repeating the same route is valuable
- Pause the activity when energy shifts
- Falling safely is part of learning

Movement play should feel safe, joyful, and empowering.

BENEFITS:

- Gross motor development · Body awareness · Balance & coordination · Confidence · Emotional regulation · Planning & sequencing
- Obstacle courses and movement pathways allow toddlers to learn through their whole bodies. This type of play helps children understand where their body is in space, how to move safely, and how to build confidence through physical challenge — all at their own pace.



HOW TO ADAPT:

For a Child Who Loves Big Movement: Include jumping, climbing, pushing, and pulling. Use phrases like “Go!”, “Stop!”, “Turn!” Add ramps, tunnels, or balance challenges. Repeat the same pathway multiple times. Repetition builds strength, confidence, and regulation.

For a Child Who Is Cautious or New to Movement Play: Keep obstacles low and wide. Walk the course together. Hold hands if needed. Let them observe first. Confidence grows through success, not pressure.

For a Child Who Needs Heavy Work: Push a basket or box through the course. Carry a weighted vehicle or object. Pull a rope or scarf. Climb over cushions or soft blocks. Heavy work supports body awareness and emotional calm.

SONGS & RHYMES

SONGS & RHYMES TO TRY

- **The Wheels on the Bus** Actions: Roll hands for wheels. Open and close hands for doors. Bounce up and down for the bus ride
- **Row, Row, Row Your Boat** Actions: Sit facing your child and gently rock back and forth. Pretend to row together
- **Down at the Station** Actions:: Bend elbows like train wheels. Chug arms forward like a train
- **Five Little Fire Engines** Actions: Count on fingers. Pretend to drive a fire engine. Make siren sounds
- **Zoom, Zoom, Zoom (We're Going to the Moon)** Actions: Pretend to fly like a rocket. Crouch down and jump up on "Blast off!"
- **The Grand Old Duke of York:** Actions: March around the room. Go up and down small steps or cushions



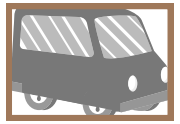
MOVEMENT IDEAS

- Push a toy car while singing
- Crawl through a "tunnel" like a train
- Carry a toy vehicle from one side of the room to the other
- Pretend to fly like an aeroplane
- Drive vehicles along taped "roads" on the floor

HELP THE VEHICLES!

Trace the lines to help the vehicles move forward.

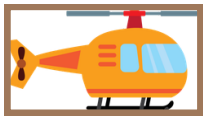






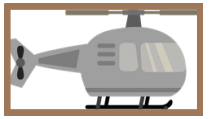
Truck





Scooter

Crane

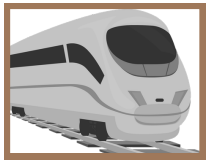


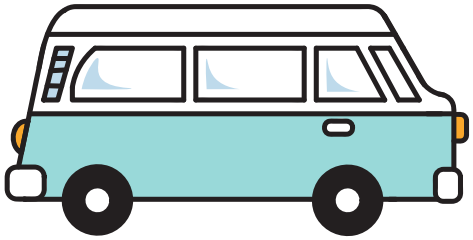




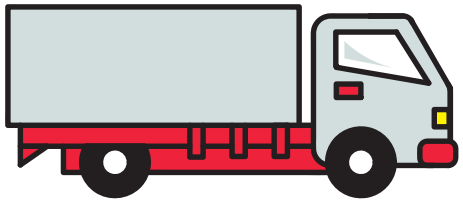


Bus





Camper Van



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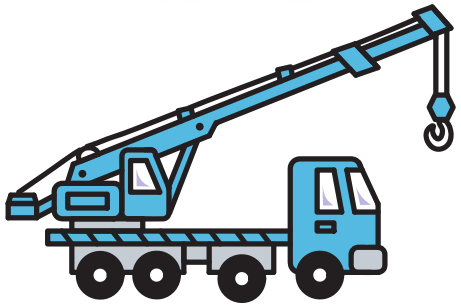


Crane



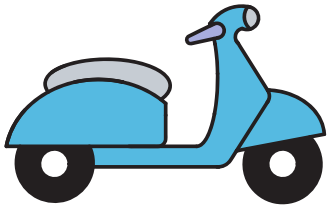
Bus



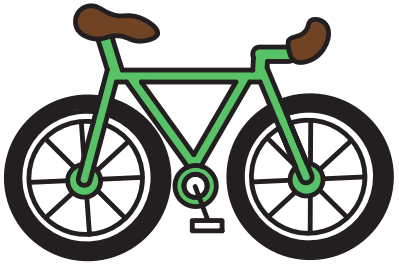
Taxi



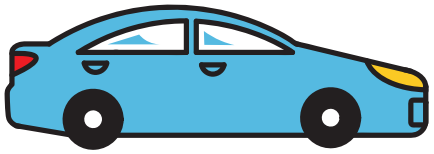
Ambulance



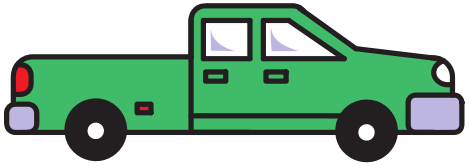
Scooter



Bike



Car



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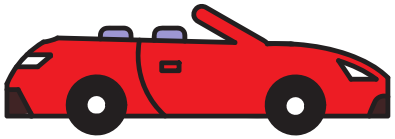
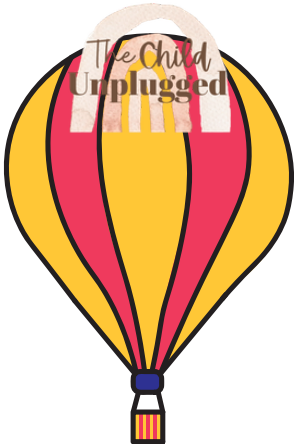
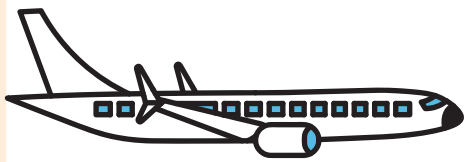


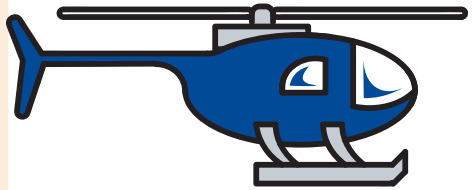
Sports Car



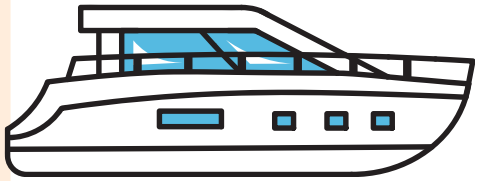
Hot air Balloon



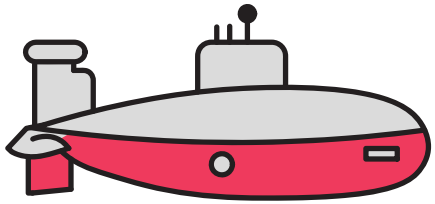
Airplane



Helicopter



Yacht



Submarine

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Slow, calm sensory experiences for babies and young children

Using familiar, accessible materials