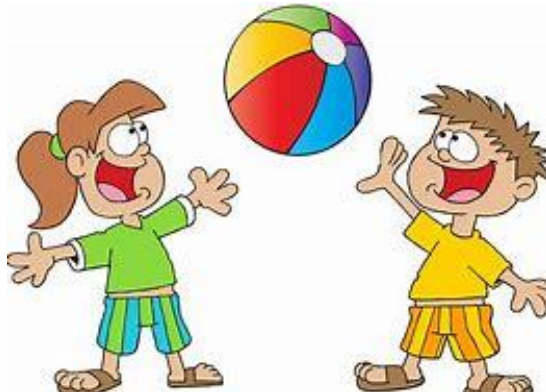


Developing Gross Motor skills at home: **BALANCE, COORDINATION, & STRENGTH**

Regular exercise is necessary to promote balance, strength, and coordination. Without regular exercise, a child is at risk for weight gain and poor endurance.

Try the following to work on balance, strength, and coordination:

- Walk on a pretend balance beam. Make a beam using tape on the floor, a rope, a board, or a line drawn with chalk
- “Box Step”- a simple cardboard box can provide lots of fun! Encourage your child to step in and out of a short box and gradually make the task more challenging by creating step patterns and using deeper boxes.
- Take a long walk or hike
- Jump on a trampoline
- Ride a bicycle, tricycle, or scooter
- Engage in songs that involve movement such as “Head, shoulders, knees and toes”, “Wheels on the Bus”, and “Where is Thumbkin”. “Go Noodle” is a great source of music and movement videos!
- Play catch & throw with a ball
- Kick a ball back and forth
- Push and pull activities- pull a wagon, “push the wall” (hold for 30 seconds!), tug of war, or shoot basketballs
- Play on various types of playground equipment- climbing, swings, slides
- Roll in the grass or down a hill
- Jump rope
- Run around your backyard or an athletic field
- Try kids yoga (Cosmic Kids Yoga has some fun videos for children of all ages on YouTube)
- Engage in backyard games such as Hide & Seek, Tag, or target-based games such as Corn Hole or ring toss
- Put on music and dance!



Developing Gross Motor skills at home: **GROSS MOTOR PLANNING**

- Motor planning is key to executing movement. It refers to the ability to know, remember and perform small steps that make a particular movement or task happen
- One aspect of motor planning involves a child's ability to imitate actions

Try the following to work on gross motor planning:

- Play games that involve imitation (such as Simon Says, Follow the Leader, or Itsy Bitsy Spider)
- Build a fort
- Engage in activities that involve climbing over, under, and around large objects
- Kids yoga
- Make an obstacle course in the backyard (jump in and out of a hula hoop, walk sideways on a line, roll down a hill, etc.)
- Do activities that are composed of a series of steps (such as creating an obstacle course, making a sandwich or making a craft)
- Some games that help with gross motor planning include Twister and Hullabaloo



Most importantly: Have fun!

