TOP TEN ACTIVITIES FOR GROSS MOTOR SKILLS

☑ BALLOON FUN
Try to keep the balloon off the ground
Or pop all the balloons without using your hands

☑ DANCING
Turn up the music and learn new dance moves
Or bring back your favorite moves!

☑ MOVE YOUR BODY
Get to moving and stretch your body
Or use songs to move around like "I'm a Little Teapot" or "The Hokey Pokey"

☑ SIMON SAYS
Listen up and do as "Simon says"
Or don't complete the move because Simon did not say to

☑ BUILD A FORT
Use blankets and couch cushions to create a fort
Or recycle boxes to create a fort you can color on

☑ SCAVENGER HUNT
Create a list and go on a scavenger hunt around your house
Or turn off the lights and use a flashlight to add an extra challenge

☑ YOGA
Make yoga poses by creating the alphabet with your body
Or move your body to each animals' favorite yoga pose

☑ OBSTACLE COURSE
Use pillows, chairs, and laundry baskets to create an obstacle course
Or add new movements such as hopping or crawling to get around the house

☑ TAG IT
Race to touch household items in alphabetical order
Or create riddles to decide what household item you must find

☑ ANIMAL WALKS
Assign an animal to each room and walk around the room as that animal
Or have animal walk races in the backyard