



GROSS MOTOR

Go-To List



Make a homemade balance beam using old boards. Then walk along it! Can you do it backwards?

Tape a runway of contact (sticky) paper to the floor, sticky side up. Run across, crawl over, or lay on it!

Set up a very simple obstacle course with cushions (line them up, stack them, make small ramps and tunnels) and have objects to crawl across to find.

Tape a bubble wrap runway to the floor and run along it! Drive trucks across it to hear it pop!

Lay pillows and cushions on the floor in a line. Attempt to walk across them!

Make an activity course to crawl over, under and run through. Use dining room chairs, ABC mat (or books) as stepping stones, and add balloons to move through the course!

Wad newspapers into 'basketballs'. Aim and shoot them into a basket!

Tape a few different large shapes on the floor (circle, rectangle, square, etc). Sit on opposite ends of the shapes and roll a ball back and forth and shout out what shape the ball crosses or lands on.

Line up plastic bottles to go bowling! Roll a strike!

Tape two lines as the sides of the roads around the house! Create intersections and curves!

Tape lines of tape on the floor equal distances apart and challenge the kids to a jumping game. Measure how far they can jump.

Draw a large maze on the driveway in sidewalk chalk for kids to find their way through.

Hunt for nature. Use colors and shapes as clues.

Go on a scavenger hunt around the yard to explore textures. Can you find something that's bumpy?

Head to your local appliance store and grab a large box! Fill it with newspapers and add little trinkets and treasures to dive in and find.

Night time fun! Shut off the lights and go on a flashlight scavenger hunt to find pre-hidden objects!

Create a sticky spider web with tape across an open doorway. Throw balled-up newspapers to stick to it!

Have kids walk along straight, curvy and zig zag lines of tape on the floor, or blow pom poms along them.

Go on a spy hunt! Tape diagonally between walls down a hallway, stick pom poms to it randomly. Have the kids crawl through, over and under, to collect the pom poms.

Trace favorite toys on butcher paper. Put them away. Search for the toy that matches the outline!

Play balloon badminton. Make 'racquets' from paper plates and cardboard tubes and swat a balloon back and forth.

Go on an 'I Love You' scavenger hunt. Hide hearts (or just hide one a day) with words of how you love your child all over.

Draw a target on the driveway or sidewalk in chalk. Make, or gather, mud to throw at the target.

Make a homemade kite using a plastic bag and string. Run around the yard 'flying' it behind.

Balance boards between chair rails, or on pails, to create an advanced balance beam to walk across.

Make a 'catch the ball' toy by cutting the bottom out of a bottle and tying a ball to it. Try to catch the ball in the bottle!

Run and spin with homemade streamers. Tie fabric straps or ribbons to a ring (those ring toys work great).

"Blow" tissue paper into a goal (under a chair works) by fanning paper plates.

Make a ring toss! Cut the centers out of paper plates to make rings. Write the letters of their name on the bottoms of cups to ring the letters of their name.

Draw a large rainbow on butcher paper. Go on a hunt to find toys in the matching colors to place on the corresponding color of the rainbow!

Snap photos of objects around the house (look for shapes) with your iPad or camera. Go on a hunt to find the shapes in the photos!

Play catch with a ball and say the ABCs with each pass back and forth.

Cut various shapes (two or three of each) from paper. Hang just high enough out of reach in a doorway using yarn and tape. Jump and grab the matching shapes.

String one long yarn around a room. Clip the letters of their name onto the string in order from start to finish. Follow the string to find the letters to make your name!

Write letters on sticky notes and place them around the house (under and on top of the dining room table and chairs works great). Name a letter then stomp it! Repeat!