Top 10 gross motor games:
1) Dance- put on your favorite music and have a dance party

2) Yoga- make up your own moves (like mermaid pose or spider man pose.... The possibilities are endless)

3) Wheel barrel walk around the house (hold at hips it is easier) You can also do wall push ups- have your child stand with their hands on the wall and arms straight- bend and straighten arms like a push up.

4) Sit and spins are great if you have one otherwise you can do spinning in an office chair.

5) Sit and bounce on a ball, lap, rocking horse...

6) Mini trampolines or big trampolines are awesome but you can also jump on the bed (or put the mattress on the floor) Play on a blow up mattress is fun too. (Desperate times call for desperate measures!)

7) Rock or spin in a laundry basket (good for babies and toddlers)

8) Rock in a rocking chair

9) Play hide and seek (sort of a movement game)

10) Swing in a blanket (good for babies and smaller kids) need 2 people to hold the ends of the blanket.

Obviously if you can go outside and move that is ideal- slide, swing, climb!!