



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!!