



Behavioral Therapy Services

Phone: (954) 330 7611 Email: behaviorchangeflorida@gmail.com website: www.behaviorchangefl.com

Gross Motor

A child's ability to control the large movements in their body required for things like walking, running, and jumping as well as the hand-eye coordination needed to ride a bike, catch a ball, or kick their legs in a swimming pool. When a child can't control the large movements in their bodies, they will find it difficult to sit upright at a classroom desk, navigate the playground equipment at recess, and feel in control of their movement. Here are some gross motor activities you can do at home to help develop your child's gross motor skills!

Balloon tennis

- Use a fly swatter and balloons to have fine indoor tennis. *Let's take the fun outside!*
- Fill your balloon with water and get your tennis rackets or baseball bat out.
 - o If you have 'color my bath' tablets at home, add small pieces inside your water balloons so you have a color surprise when it pops!



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Scavenger hunt

Using 2 puzzle sets create a scavenger hunt on your staircase. Example, have him/her choose 1 puzzle piece from a bucket and then walk up the stairs to find the matching piece. Ensure they do not use the handrails while walking up and down the stairs, and that they crouch down into a squat position when picking up each puzzle piece. Then have them assemble the puzzle

Animal walks/movement

- Bear walks, crab walks, bunny hops, frog jumps, snake, lizard



- Write a bunch of different animals on different pieces of paper, throw them into a hat, have your child randomly choose a few, and then have him/her walk across the living room while pretending to walk like the animal he/she chose and see how long it takes the rest of the family to figure out what the animal is. Demonstrate the moves ahead of time so he/she engages her core properly.

Let's dance!

- “going on a bear hunt” song
<https://www.youtube.com/watch?v=jqz4z9aQRJY>
- “animal freeze dance” song
https://www.youtube.com/watch?v=5_ShP3fiEhU

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Puddle Jumps letters/words/numbers

- For your emerging learners you can write letters, numbers or sight words on you paper and they can hop on the ones you call out.



Egg Races

- You can make this as easy or as hard as you want to. Start with a simple race across your living room, and then make the game more difficult by putting blankets and pillows on the floor. You can also have your child switch between her right and left hands to add an even bigger twist.
 - Don't trust your little ones with eggs? Use pompom, table tennis ball, balls from toys, left over Easter eggs (plastic) or take it outside use water balloons.



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Obstacle course and Games

You want to keep your kid engaged for longer? Put everything together into an obstacle. you can also use chairs to climb over or to make tunnel, throw pillows or couch cushion for jumping spaces.



Tic Tac Toe

Use the colored rice from our sensory packet and place it into Ziplock bags – This will be your 'X' and 'O'.

Body Bowling

You can use a skateboard or towel. Stack plastic cups and take turns bowling (you are the ball). You can also use a ball, rice bags or just run and knock them over!

Mini golf

Use Legos, blocks, or mega blocks and build towers for you kids to hit the ball through. Use small ball with broom stick or any structure found within the home.



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