

## Keep Things Moving! Indoor/Outdoor Gross Motor Activities

### 2 Years-2.5 Years

**Leap Frog:** Help your child learn to jump first by holding their hands then moving to them doing it independently. They can start by taking small jumps from a low step to jumping over their favorite step animals like a frog. Get creative and ask them to jump like other animals!

**Learning to Balance:** Help your child further develop their balancing skills by asking them to stand on one foot at a time. Start out by holding their hands until they gain the skills to do it by themselves!

**Scoot, Scoot, Scoot:** Use a riding toy with no pedals to help your child learn how to use their legs to make the toy move. It helps them learn to how to move toys by themselves and will help once they graduate to a tricycle or small scooter.

**Soccer:** Using a ball (8-12 inches in diameter) encourage your child to kick the ball into a goal. Use a big box or set up two smaller boxes at the outside of their goal area.

### 2.5 Years-3 Years

**Catch the bubbles:** Blow bubbles at different heights and have your child jump to catch them. Spread out so that they have to jump at different heights as well as running to grab them before they reach the ground.

**Toe-Heel walking:** Show your child how to walk heel to toe by drawing a line on the sidewalk with chalk or use painters tape inside. Show your child how to stretch their arms out to the side to keep their balance.

**Walk like a...:** Encourage your child to walk like different animals; waddle like a penguin, hop like a bunny. Encourage them to add noises to their moves, too!