

Keep Things Moving! Indoor/Outdoor Gross Motor Activities

12 Months- 18 Months:

Explore the great outdoors: Go for walks with your child, allow them to crawl in the grass and play with a ball. Let your child push their own stroller (safely) or help them walk their favorite stuffed animal. Allow them to roll different size balls back and forth.

Tunnel time: Set up a sheet/blanket over a table or use cushions/pillows to create small tunnels. Encourage your child to crawl through the tunnel and explore what is on the other side.

Dance party: Encourage your child to dance. At this stage of their development this may simply look like them bouncing while holding your fingers. Turn on different types of music to help them explore different rhythms as they begin to master controlling their legs.

18 Months- 24 Months:

Balance Beam: Using 2-inch masking or painters tape mark off a path on the floor or sidewalk. Let your child walk along the tape, placing one foot in front of the other to balance on the tape.

Climb the...: Help your child climb up onto different pieces of furniture in your home. If you're ready for the ultimate exploration help them safely practice climbing the stairs.

Run, Run, Run: Chase your child from space to space. Now that they are beginning to run let them explore the world in a faster speed. Open spaces are a great way to help them further develop their leg muscles and get their never ending energy out! Add a larger ball and help them to kick it and they're sure to have a great nap!