

indoor activities to strengthen

**gross
motor skills**



Gross Motor Resources

Indoor Gross Motor Sensory Play Ideas

Painter's tape is a great tool to have handy for indoor play. Make all sorts of crazy lines to follow on the floor. Roll balls along the lines too. Read all about Vestibular and Proprioceptive Sensory Play too.

Indoor Hopscotch

Use painters tape to outline a hopscotch game. Use a bean bag or rolled up sock as a marker!

Bed Sheet Parachute

It's great fun to fill the sheet with animals and try to bounce them out by raising and lowering the parachute together!

Visual Indoor Scavenger Hunt

Go around the class and take pictures of items or textures {pillows, curtains, blanket etc}. You can use a tablet or smartphone. Have your kids find all the places one by one. At the last picture, you can leave a surprise! This works great for multiple ages. If you have older kids, they can take turns creating the scavenger hunts for each other.

Indoor Balance Beams

I bought a few inexpensive planks of wood at the local hardware store. Make a simple balance beam out of them indoors! Lay down a sheet or blanket or even a tarp underneath. Pretend you are walking over shark-infested waters or you are a pirate!

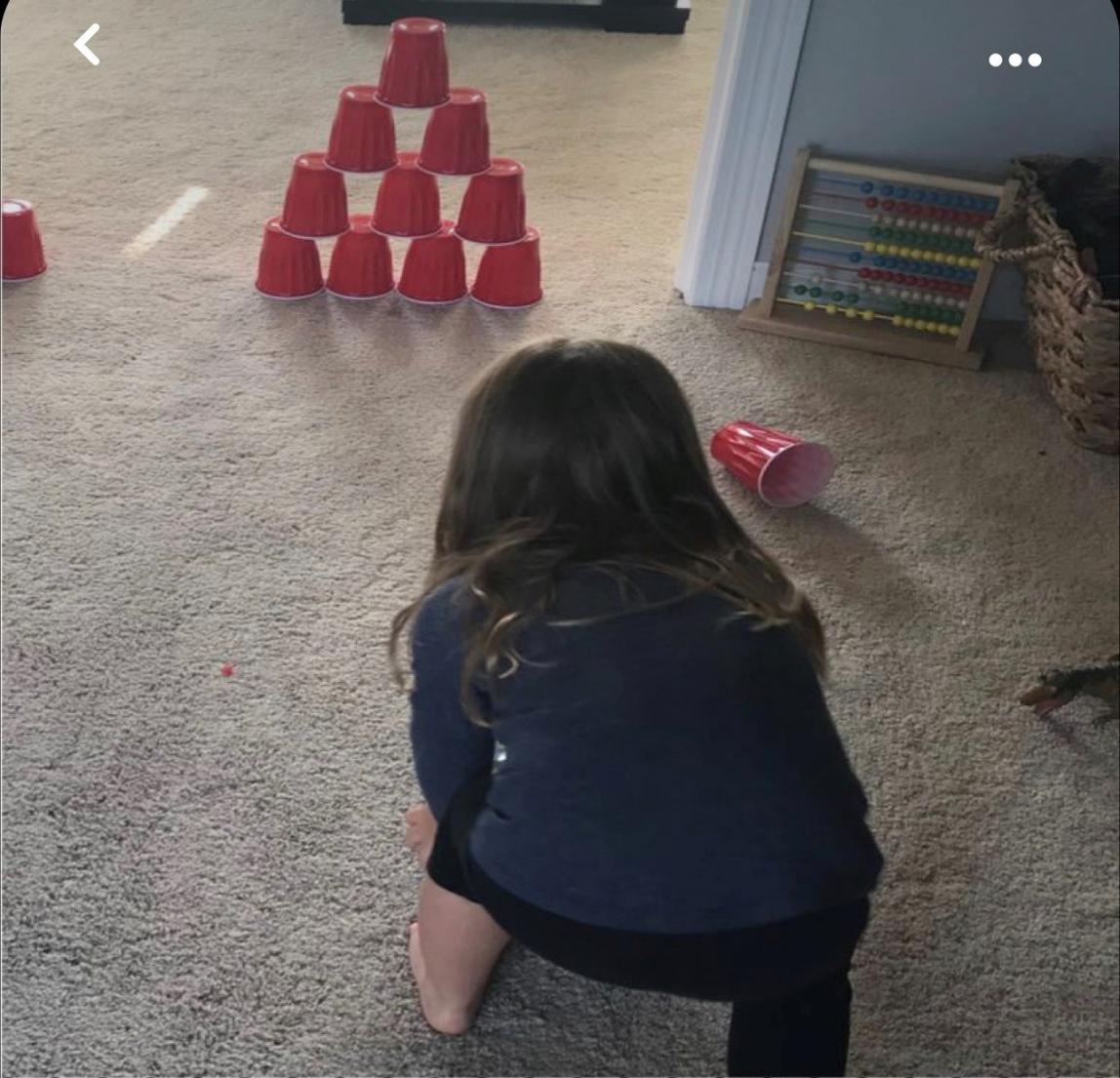
Obstacle Courses

I know all the lists include obstacle courses, but I love the simplicity of this [*obstacle course for the younger kids*](#) from Hands On As We Grow. Crawlers and walkers need to get energy out too! We find that indoor obstacle courses with older kids can get a bit hectic, but if you have the ability to move furniture around, it can be great. My son loves running around the couch when we make enough room.



Indoor Activities

- Fun Workouts for Kids
- Jumping Activities
- Indoor Gross Motor Sensory Play Ideas
- Tennis Ball Games
- Indoor Balloon Tennis
- Laundry Basket Races
- Bucket Transfer
- Indoor Hopscotch
- Balloon Toss
- Parachute
- If Possible Bring Outdoor Materials Inside
- In door Bear hunt
- Have a dance party
- Build a fort
- Follow the leader
- Create an obstacle course
- Bubble Catching
- Red light Green light
- Bean Bag Toss
- Build with Cardboard Boxes
- Move Like and Animal
- Tunnels



Indoor

BOWLING

Indoor Activities Kids Can Do on

What are the 8 Locomotor movements?

walking.

running.

jumping.

hopping.

skipping.

galloping.

sliding.

leaping.

1. Create an [indoor obstacle course](#) Make an Indoor Obstacle Course. Jump over cushions, crawl under the table and over chairs, jump on the doormat five times, then run around the table. ...
2. Plan an [indoor scavenger hunt](#)
3. Choreograph a dance
4. Line up [dominos](#) and watch them fall
5. Jump like kangaroo
6. Build with cups
7. Go Bowling using recycle materials.
8. Encourage children to choose music to dance
9. Yoga pose



10. Pick the fruit

For this activity, you'll need some string or yarn, a tree or fence, and a variety of soft, light objects. You will also need a basket, bag, or box.

Tie pieces of yarn or string to the lower branches of a tree or the tops of fence posts.

Loosely attach an item to the other end of the yarn or string.

Give your child a basket, bag, or box, and have them pick the "fruit" from the tree.

If you are feeling especially creative, you can draw fruits onto paper plates, or cut them out of cardboard and hang them.

Alternatively, you can use toy plastic fruits, but they can be tricky to tie to the tree.

11 Giant Memory Cards

For this game, you will need a pack of paper plates, or a stack of card sheets.

Split your cards or plates into two equal piles.

Take one stack and draw a picture on each one. Use simple things such as animals.

Use your other stack to draw a second set of pictures, the same as the first.

Lay your memory "cards" face down on the ground. Space them far enough apart so your children can walk among them.

Have your child turn over two cards. If they find two cards that are the same, they keep the pair.

12 Pool Noodle Bend Ups

Grab yourself a pile of pool noodles. Each person should take a pool noodle, then lie flat on the floor.

Hold the pool noodle in your outstretched arms, above your head. Sit up and touch the pool noodle to your knees, feet, or toes.

Skills: Throwing | Catching | Hand–Eye Coordination

Garbage Ball/Sock Ball Throw



Create garbage balls by wadding up pieces of newspaper or wrapping paper and covering them in packing tape (for sock balls, ball up two or three socks). Mark a chalk or tape line on the floor, where children will stand. Depending on the age of the children, place a target between three and six feet away. Encourage children to aim their throws at the target. For most 3-year-olds, the target is simply there to direct children's throws. Many 4- and 5-year-olds can begin using it for accuracy. Help preschoolers develop underhand and overhand throwing techniques first, and work on accuracy later.

Skills: Striking | Hand-Eye Coordination | Core Strength | Self-Regulation

Easy Kicks

Stuff a sturdy kick ball inside one leg of a pair of panty hose. Tie the other leg to a doorknob or hook in a wall or doorway, with the ball hanging just above the floor. This way, the ball will keep returning to the kicker. For small spaces, tie the panty hose to a doorknob to keep the activity to a confined area. Hanging it next to a wall allows younger preschoolers, who are beginning to develop kicking skills, to balance with one hand on the wall. Children will have lots of fun kicking.



Skills: Climbing | Hopping | Crawling |
Balancing | Spatial Planning | Self-
Regulation



Spiderwebs

Weave long lengths of yarn through sturdy furniture at different heights. (You can also use crepe paper streamers for younger children, as the streamers will break if a child gets tangled in them.) As children carefully

navigate their way through the webs, encourage spatial awareness using words like *over*, *under*, *between*, and *through*.

Navigation Station

Create a variety of balance beams of different heights and widths, using wooden unit blocks, sturdy hollow blocks, and long pieces of foam and bubble wrap. Each material offers children a different texture to explore. Encourage preschoolers to make their way through the maze of balance beams. Depending on a child's physical coordination and abilities, she may try walking forward and backward, crawling, or hopping. It's helpful to set the beams up alongside sturdy furniture or next to a wall so that young children can hold on if they lose their balance while trying a new skill.







GROSS MOTOR TOYS

for 1 year old boys and girls



Curriculum Concepts

Steady beat

"Where" and "how" concepts of locomotor movement

Key Experiences in Movement



Moving in locomotor ways

Feeling and expressing steady beat

Acting upon movement directions

Ages 4-7

We Walk Our Feet

Children explore different ways to walk their feet and then sing the song while moving.



We walk our **feet** (toes **in**).
We walk our **feet** (toes **in**),
We walk our **feet** (toes **in**),
and then we **stop**.

Materials

None

Activity to Experience

Encourage children to find different ways to walk their feet by first showing them "toes in" as one way. They all try this way, talk about it, and then find other ways to walk their feet.

Children volunteer to lead the activity and suggest new ways to walk their feet. The others copy and describe what the leader is doing with his or her feet.

Sing the song using "toes in" instead of "feet." Have everyone walk this way as they say "walk" several times using the SAY & DO process, and

then sing the song again. At the end of the song, freeze. Ask the children to talk about what happened at the end of the song.

Encourage other children to lead and to tell everyone what they want to call their special walk. Then add their words to the song.

Facilitation and Reflection

“What was the special way I was walking my feet?” “What did [child’s name] do with her feet?”

What was an easy way to walk? Hard way?

What happened at the end of the song? How did we keep ourselves from falling down?

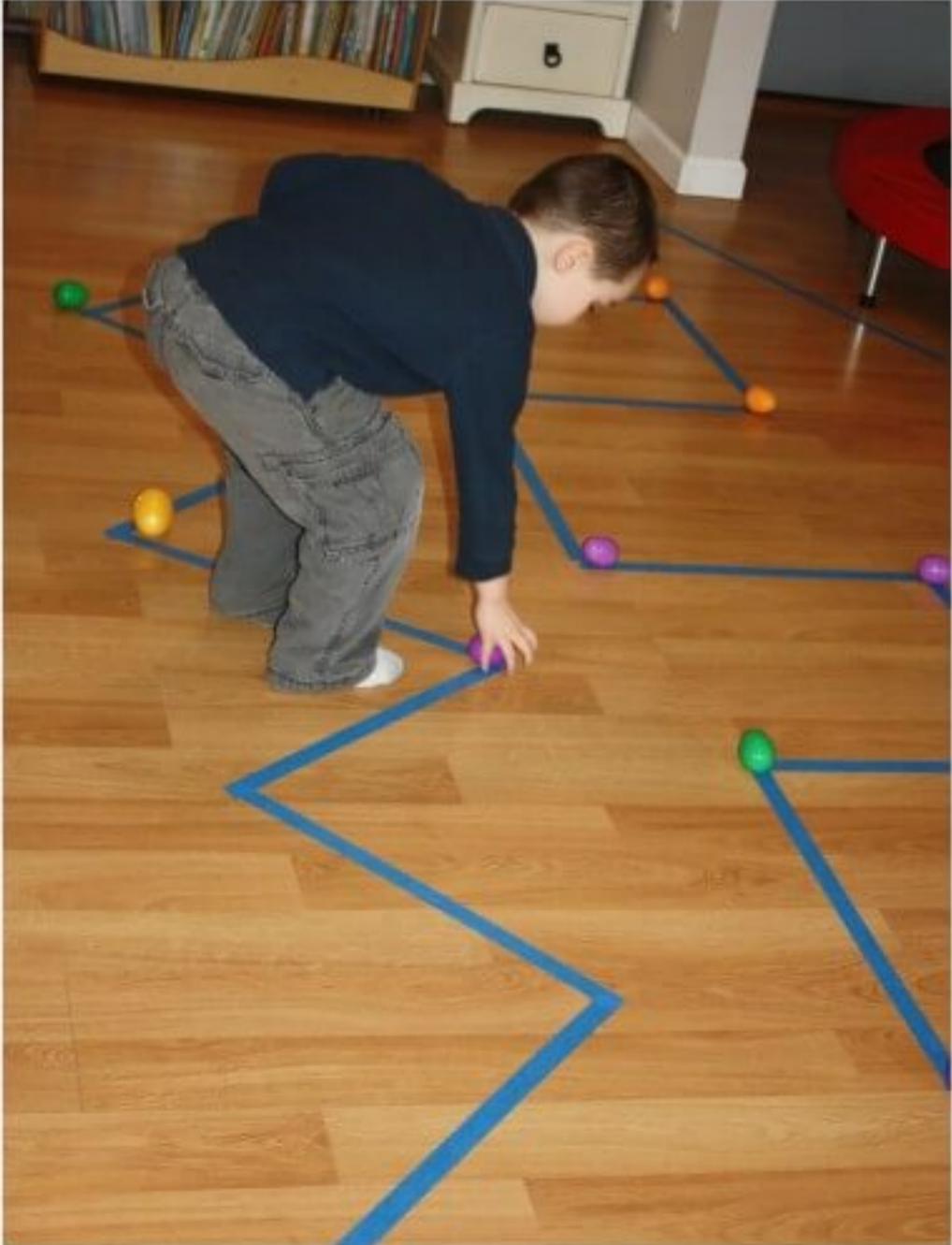
Extensions

Older children: Walk with a partner and synchronize movements.

Use the words “gallop” and “skip” and say them again at the ends of phrases: “We (skip) our feet (skip, skip).”

The leader makes a statue shape at the end of the song and all copy.





Meditation Card:

Meditation for Kids



- Sit down in a criss-cross sitting position.
- Put your hands on your knees with your palms facing up
- As you touch each of your fingers, say this sentence you decide which one:
 - **Love begins with me**
 - **I am a great kid**
 - **I love myself a lot**
 - **I am amazing**
- After the children practice saying this sentence out-loud, invite them to say it in their mind and continue touching their fingers as they say it. Do this for a minute or less. Add time as children get used to this experience.

Yoga Poses:



Child Pose

- (Facing vertically on your mat) Begin by sitting on your knees and slowly bend forward, stretching your arms so they want to reach the tip of your mat.
- Separate your knees so that they reach towards the sides of the mat.
- Take deep breaths as you slowly stretch out your pelvis.



Ragdoll

- Stand with your neck and back straight.
- Bend your knees and slowly begin to fold down towards the mat.
- Close your eyes as you allow your head and chest to brush against your knees.



Sandwich

- (Sitting vertically on your mat) Sit with your back and legs straight.
- Take three deep breaths and slowly begin to reach forward and touch your toes.
- If you can, try to touch your nose to your knees.



Downward Dog

- (Facing vertically on your mat) Bend down onto your hands and knees.
- Slowly begin to straighten one leg at a time, then do the same with your arms until your back and hips are in an arched position.
- End by slowly lowering your forehead towards the direction of the floor.

COSMIC KIDS!

Yoga Adventures



**DANCE
ALONG**



**THE
CHAMPIVERSE**

GoNoodle®