

Gross Motor Play Activities for Children

- **Sing and dance!** Dance any way you want. Mix it up with different music styles, tempos, rhythms, etc. You can work on moving very slowly or moving very quickly. You can turn the music on and off like you would in musical chairs and freeze every time the music stops. Put on hard soled shoes and “tap dance” on a solid floor. Dance with a partner. Twirl like a ballerina. Do a line dance. Have fun!
 - Do the **Hokie Pokie**. Classic movement and coordination dance.
 - Sing **If You're Happy and You Know It** with motor skills mixed in. Example: If you're happy and you know it...stand up/sit down, jump up and down, turn in a circle, stand on one foot...
 - **Walking, Walking Song:** <https://www.youtube.com/watch?v=pKanSRDzkgw>
- Play with **balloons**. Balloon tennis with a racket, volleyball, keep off the ground, etc.
- Play outside with sidewalk **chalk**. Hopscotch, four square (or just two square), draw lines and curves to walk on or jump over. Even the act of sidewalk chalking itself can be a great motor activity for kids.
- Go for a **scavenger hunt** for items around your house or outside. Have your child move in different ways to get to the hunt items. Examples: take big steps to get a roll of toilet paper, walk backwards to find something blue, jump to get a pair of socks, etc.
- Explore <https://www.themeasuredmom.com/indoor-gross-motor-activities> for more **indoor** ideas
- If you have a **gaming system** with movement games, use it. Or you can search YouTube for Just Dance videos and dance along without a system to score you. Here is a *Despicable Me* song to try: https://www.youtube.com/watch?v=Jf_dEcgeJWo
- Got a super hero fan? Check out the **Get Kids Moving channel** on YouTube: <https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ> They have all kinds of Avengers, Batman and StarWars workouts for kids that might be more motivating for older children.
- **Yoga!** There are a lot of kids' yoga resources out there. Here is one to try if you don't know where to start. Don't worry about your child doing the poses perfectly. Adapt them as needed and have fun trying. <https://www.youtube.com/user/CosmicKidsYoga> or <https://www.kidsyogastories.com/yoga-for-spring/>
- **Animal movements:** Crawl like a lion, hop like a grasshopper, flap your wings like a bird, slither like a snake, walk like a crab. Be creative! Here's a video with some great ideas: <https://www.youtube.com/watch?v=DpgKyq3WCuw>
- **Roll, throw, catch, kick a ball**
- The YouTube channel *Pediatric Physical Therapy Exercises* has a pediatric PT demonstrating how to work with children on different developmental mobility skills. This channel might be helpful for parents with children who are just beginning to walk and move independently. <https://www.youtube.com/channel/UC92IEyS9B4Sjus40LWwBjeg>
- For even more great movement ideas, check out: <https://www.pinkoatmeal.com/parents/>