**Screen Free Gross Motor Activities for Home**

**Pick a few from this list every day and make a gross motor menu for your child!**

* Crawl or walk over pillows and blankets
* Tall kneel walking across the room to complete a floor puzzle
* Practice walking like different animals
* Jump side to side over a shoe lace on the floor
* Jump up and down from a bottom step
* Play with cardboard or storage boxes – make castles and tunnels, balance them on top of each other
* Make your body into the shapes of the letters of the alphabet
* Make an indoor obstacle course
* Jump over paper cups
* Put a small ball on an upturned paper cup – can you kick it off without knocking over the cup?
* Keep a balloon up in the air with one hand, then change hands, then do the same with feet.
* Masking tape on the floor to make a trail – walk forwards, backwards, sideways on the trail.
* Put lots of teddies at the top of the stairs and then rescue them one at a time to a box at the bottom
* Blanket rides – pull someone across the floor on a blanket
* Bottle Bowling – empty water bottles stacked like skittles (extend to fine motor by decorating the bottles first!)