

5 Indoor Gross Motor Activities

Beat the winter blues with these indoor gross motor activities with common household items.

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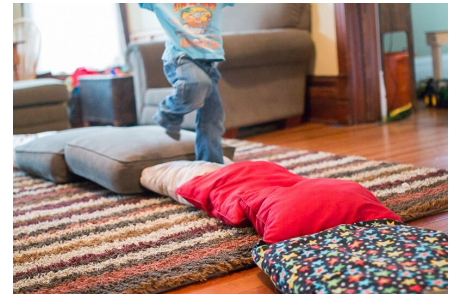
1. Animal Walks:

Great for core strengthening, hip strengthening, range of motion, motor planning, and whole body coordination! Add visual targets such as sticky notes, pieces of colored tape, construction paper, etc. to help with positioning. Try a race with siblings or parents!



2. Pillow and/or Blanket Obstacle Course:

This is a great way to simulate uneven outdoor surfaces such as grass and wood chips. It is a good exercise for balance, hip and ankle strengthening, and helps with motor planning. Jump between pillows for an extra challenge



3. Ninja Kicks:

Have your child stack a tower of blocks or any other toy they like to stack and balance on one foot and kick the tower down with the other. Great for foot-eye coordination, single leg balance, and strengthening for hips and ankles! For added fun they can add ninja sound effects (hi-yah!)



4. Pushing/Pulling Laundry Basket:

Have your child round up their favorite toys and take them for a ride the laundry basket! Have them push it forward and pull it backwards to practice backwards walking. Great for core and lower extremity strengthening! Parents can add heavier objects from around the house (soup cans, sack of potatoes, etc.) for an added challenge.



5. Box Hurdles:

Put old Amazon or empty cereal boxes to good use! Line them up and have your child step, run, or jump over the boxes for a fun motor activity. Can also weave in and out of boxes in a figure-8 pattern a balance and agility challenge!

