

Gross Motor Guide Activity Suggestions

Wiggle Jar:

How to make:

- Get a jar, bowl, cup, or other small container
- On slips of paper, write a variety of actions/activities for your child to do
- Draw them one at a time and have your child complete the action



Examples of actions:

- Jump 3 times
- Roll
- Touch toes
- Walk backwards
- Inch worm crawl across room and back
- Balance on one leg, then the other
- Do a silly dance

Alternative: Print pre-made wiggle jar cards here -

<https://www.homeschoolshare.com/blog/2015/09/the-wiggle-jar/>

Animal Actions:

Find an animal action song on the internet or use some of these suggestions to get your kids moving like animals.



Examples of actions:

- Stomp like an elephant
- Fly like a parrot
- Stretch like a giraffe
- Gallop like a zebra
- Chomp like a crocodile
- Roar like a lion
- Hop like a frog
- Balance like a flamingo
- Crawl like a bear
- Scurry like a squirrel
- Waddle like a penguin

Resources: <https://lifeovercs.com/printable-brain-break-activity/>

https://youtu.be/4aVO_31rNQw?t=24

<https://youtu.be/Luz-0XXMh8c?t=19>

<https://youtu.be/AgKaN5t5BpQ>

<https://youtu.be/DYPTJj6hd44>

Indoor Puddle Jumping:

Cut out blue paper/cloth spots. Encourage your child to jump from puddle to puddle. Feel free to sing songs, count the puddles you jump in, or try for the biggest jump possible!



Consider putting rain boots on your child for some extra fun.

Color and Shape: Find and Hop:



Print or draw several shapes on paper, in a variety of colors. Call out a shape of color for your child to hop on. You can also draw shapes with chalk! When they hop on the correct color/shape, give them another.

For a challenge: see if your child can make it to the next shape *without* touching the ground!

Body-Action Combos:

On slips of paper, write a variety of movements. See below for examples. Put these papers in a jar or cup.

On other slips of paper, write a variety of body parts. See below for examples. Put these papers in a *separate* jar or cup.

Draw one paper from each jar and instruct your child to complete that action!

Examples of movements:

- Lift
- Wiggle
- Shake
- Twist
- Bend
- Point

Examples of body parts:

- Hand
- Foot
- Head
- Elbow
- Hips
- Knee

Alternative: Print out these free DIY action dice
<https://lifeovercs.com/moving-body-gross-motor-game/>



Tape Lines:

Place six lines of tape on the floor. Try these activities:

Jumping from line to line.

How far can you jump?

Jumping backwards from line to line.

How far can you jump backwards?

Jump with one foot (forwards and backwards).

How far can you stretch?

- Starting with one foot on the first line, see how far you can stretch your other leg, while keeping the first in place.

How far can you reach?

- Stand on the first line and touch the floor. See how far you can walk forward with your hands.

How long are you?

- Measure yourself!



Tape Sensory Walk:

With painters' tape, make tape patterns on the floor to make an obstacle course.

For example, make a zig zag pattern for your child to walk on.

Lead to a box where your child does five jumping jacks.

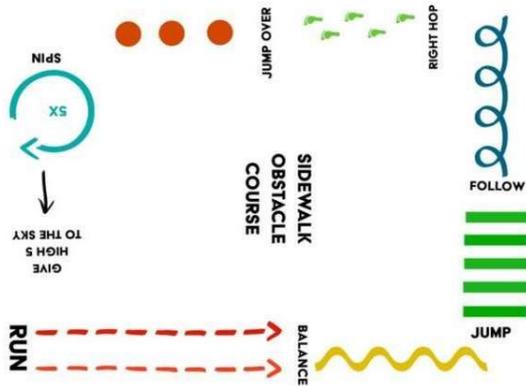
Create tape patches for the child to hop between.

Crab walk on the tape path to the next destination.

Put tape on the wall for wall push-ups.

Etc.

Example: <https://pin.it/1BrPnal>



Bean Bag Balance:



Materials:

- Bean Bags (or socks filled with bean/rice)
- A variety of bowls

Have your child balance the beanbag on a variety of body parts as they walk across the room and try and put the beanbag in the bowl!

If you have multiple children at home, see if they can work together to get the beanbag across.

Songs: <https://youtu.be/HnqcR-mtgFU>
<https://youtu.be/lsh2YYg7onE>
<https://youtu.be/e7Tt55HngJM>



Bean Bag Balance Yoga: https://youtu.be/4g_Xh1xpsZE?t=42

Freeze Dance:

Put on some of your child's favorite music and dance. When the music pauses, FREEZE!

Suggestion: <https://youtu.be/2UcZWXvgMZE>

The Very Hungry Caterpillar:

Try reading the book while doing this activity!

Have your child start by **curling up in a ball to represent the egg.**



Next, have them **crawl out of the egg as a caterpillar and look for food.**

Then have them **crawl under a big blanket or sheet and wrap them up like they are in a cocoon or chrysalis.**



Pull the sheet or blanket off and **have them fly out like a butterfly.**

Audiobook: <https://youtu.be/btFCtMhF3il?t=23>

Balloon Volleyball:



Blow up a balloon and have your child keep it off the ground.

See how long you can keep it off the floor!

Bean Bag Toss:

Get bean bags, small balls, or socks filled with dry rice/beans and a variety of bowls. Make the bowls or other targets and have your child throw the beanbag (and retrieve them).

See how many points they can get!



Find and Tag It:

This game can be versatile and used to review several skills! Tell your child to find something and tag it.

For example, “Find and tag something blue.” Or “Find and tag something that starts with the letter /s/.”

If your child wants more of a challenge, try tagging with a specific body part. For example, “Find and tag something blue with your elbow.”

Copy Me!

Here you can get in *your* workout for the day!

Do a series of exercises or silly actions and have your child copy you!

Jump in place, run in place, do some push-ups!

Songs to follow along: <https://youtu.be/OxRfqmLJCXw>

Be an Athlete:

Have your child pretend to play one of these sports. Think of it as heart-pumping charades!

- Basketball
- Football
- Skiing
- Rope Climbing
- Tennis
- Baseball
- Rowing

Alphabet Yoga:

Visit: <https://www.pinkoatmeal.com/alphabet-yoga/> for all poses.

A – Airplane (hold still and move arms to the side)

B – Bicycle (lie on your back and pedal your feet)

C – Cat pose (get on all fours; then round your back while tucking your chin; release)

Bowling:

Empty bottles? Line them up and make an indoor bowling alley!



Ring Toss:

Extra paper towel roll and paper plates at home? Cut the center of the plates out (or use pipecleaners), let your children decorate the plates, and make a homemade ring toss!



Laundry Basket Races:

Load up plastic laundry baskets and see how fast/far your child can push it across the floor. If you have multiple baskets and children, have some races!

Tip: Place a towel under the basket to help it slide across the floor.



Bed Sheet Parachute:



No big rainbow parachute at home? Try using a bed sheet!

Challenge: put some small stuffed animals on the sheet and try and pop them up in the air!

Warning: make sure there is nothing breakable around!

Yarn Maze:

Wrap an extra ball of yarn around a piece of furniture.

Give your child one end and have them untangle it!



Indoor Balance Beam:

Use an extra wooden beam or even painters' tape to help your child practice balance!

Try walking forwards, backwards, and sideways!

Action Songs

I'm a Little Teapot:

I'm a little teapot (*Point to self*)
Short and stout, (*Round arms and touch fingertips together in front of body*)
Here is my handle, (*Left fist on hip*)
Here is my spout. (*Bend right elbow, lift forearm and lower wrist to look like the spout of a teapot*)
When I get all steamed up
Hear me shout, (*Remain in same position and nod head*)
Tip me over,
And pour me out! (*Tip sideways towards the extended arm*)

<https://youtu.be/w1UcMPUfzYI>

Teddy Bear, Teddy Bear:

Teddy bear, teddy bear,
Turn around.
Teddy bear, teddy bear,
Touch the ground.
Teddy bear, teddy bear,
Tie your shoes.
Teddy bear, teddy bear,
That will do
Teddy bear, teddy bear,
Go upstairs.
Teddy bear, teddy bear,
Say your prayers.
Teddy bear, teddy bear,
Turn out the light.
Teddy bear, teddy bear,
Say good night.

https://youtu.be/Tu_n94Wp3rg

Hop a Little, Jump a Little:

Hop a little, jump a little
One, two, three;
Run a little, skip a little
Tap on knee;
Bend a little, stretch a little,
Nod your head;
Yawn a little, sleep a little,
In your bed.

<https://youtu.be/NGxiaMORYHQ>

Miss Polly Had a Dolly

Miss Polly had a dolly,
Who was sick, sick, sick, (*Cradle baby in arms*)
So she called for the doctor,
To be quick, quick, quick. (*Hold phone to ear*)
The doctor came,
With his bag and his hat, (*Point to bag and hat*)
And he knocked at the door,
With a rat-a-tat-tat. (*Pretend to knock in air*)

He looked at the dolly,
And he shook his head, (*Shake head*)
He said "Miss Polly,
Put her straight to bed." (*Hands on hips and nod head*)
He wrote out a paper,
For a pill, pill, pill, (*Write on hand with finger*)
"I'll be back in the morning,
With the bill, bill, bill." (*Wave goodbye*)

<https://youtu.be/Z8RHDUK7nvE?t=19>

The Hokey Pokey:

You put your right foot in,
You put your right foot out,
You put your right foot in
And you shake it all about.
You do the Hokey Pokey
And you turn yourself around,
That's what it's all about.

Repeat the entire verse with each of these movements:

You put your left foot in...
You put your right hand in...
You put your left hand in...
You put your right shoulder in...
You put your left shoulder in...
You put your right hip in...
You put your left hip in...
You put your whole self in...
You put your hair in...
You put your tongue in...

<https://youtu.be/B7sEtc326kM>

The Elephant Goes:

The elephant goes
Like this, like that. (*Walk on all fours, moving slowly, like an elephant*)
He's terribly big, (*Stand up, reach high with arms*)
And he's terribly fat. (*Arms out to sides, to show how fat elephant is*)
He has no fingers, (*Make fist*)
He has no toes, (*Wiggle toes*)
But goodness gracious,
What a nose! (*Make a trunk with arm*)

<https://youtu.be/2wfmUjpXeeM?t=33>

The Wheels on the Bus:

The wheels on the bus go round and round
Round and round, round and round
The wheels on the bus go round and round
All through the town.

(Roll hands)

Repeat the entire verse with each of these movements:

The wipers on the bus go “Swish, swish, swish”,

(Make windshield wipers with arms)

The door on the bus goes open and shut

(Cover eyes with hands)

The horn on the bus goes “Beep, beep, beep”,

(Honk horn)

The gas on the bus goes “Glug, glug, glug”,

(Fill gas tank)

The money on the bus goes “Clink, clink, clink”,

(Put money in cash box)

The baby on the bus says, “Wah, wah, wah!”

(Hands in fists rub eyes)

The people on the bus say, “Shh, shh, shh”,

(Pointer finger to mouth)

https://youtu.be/ki_R_4FcFK0

If You're Happy and You Know It:

If you're happy and you know it,

Clap your hands. *(Clap twice)*

If you're happy and you know it,

Clap your hands. *(Clap twice)*

If you're happy and you know it,

Then your face will surely show it,

If you're happy and you know it,

Clap your hands. *(Clap twice)*

Repeat the entire verse with each of these movements:

If you're happy and you know it,
Tap your toe. (*Tap twice*)
If you're happy and you know it,
Nod your head. (*Nod head*)
If you're happy and you know it,
Do all three. (*Clap twice, tap twice, nod head*)
If you're happy and you know it,
Clap your hands. (*Clap twice*)

<https://youtu.be/71hqRT9U0wg>

Open, Shut Them:

Open, shut them (*separate hands and put together again*)
Open, shut them (*separate hands and put together again*)
Give a little clap (*clap hands twice*)
Open, shut them (*separate hands and put together again*)
Open, shut them (*separate hands and put together again*)
Put them in your lap (*tap hands twice on lap*)

<https://youtu.be/RNUZBHIRH4Y>

Head, Shoulders, Knees, and Toes:

Head, shoulders, knees, and toes
Knees and toes
Head, shoulders, knees, and toes
Knees and toes
Eyes and ears and mouth and nose
Head, shoulders, knees, and toes
Knees and toes

https://youtu.be/SrU8_KZ9col?t=22

We are the Dinosaurs:

(Stomping)

We are the dinosaurs, marching, marching
We are the dinosaurs
Whaddaya think of that?
We are the dinosaurs, marching, marching
We are the dinosaurs, we make the earth flat
We make the earth flat

(Bend over and pretend to eat)

We stop and eat our food, when we're in the mood
We stop and eat our food on the ground
We stop and eat our food, when we're in the mood
We stop and eat our food and then we march around

(Stomping again)

'Cause we are the dinosaurs, marching, marching
We are the dinosaurs
Whaddaya think of that?
We are the dinosaurs, marching, marching
We are the dinosaurs, we make the earth flat
We make the earth flat

(Pretend to sleep)

We stop and take a rest, over in our nest
We stop and take a rest at the end of the day
We stop and take a rest, over in our nest
We stop and take a rest and then you'll hear us say

(Stomping again)

That we are the dinosaurs, marching, marching
We are the dinosaurs
Whaddaya think of that?
We are the dinosaurs, marching, marching

We are the dinosaurs, we make the earth flat
We make the earth flat

And then we roar!
'Cause we are the dinosaurs!
(Roar!)

<https://youtu.be/82ooOpJLzr8?t=9>