

## Fun with pillows

Encourage your child to hold, squeeze and move pillows of different sizes by making forts/dens. You can also use the pillows to create safe places to roll, jump and explore other ways of moving safely.



## Gross Motor Skills:

The development of the **Movement and Coordination** of arms, legs and body.

## Encouraging Gross Motor Skills at Home



## Yoga

Yoga supports the development of strength, balance, posture and body alignment. It will also support your child to explore different ways of moving as well as being a calming activity to do as a family.

Follow the link below:

<https://www.youtube.com/user/CosmicKidsYoga>



## Tightrope walking

Use a piece of masking tape or string to create lines on the floor. Encourage your child to walk along or follow the line. You may need to show them how it is done. Get imaginative! the lines can lead to other rooms or activities in the house.



## Other Activities:

- Acting out stories
- Animal pretend play
- Trampolining/jumping
- Skipping

## Balloon Tennis

Use a blown-up balloon and hit back and forth with your child. Not only will this encourage your child to stretch and jump but will also encourage interactions and experiences with others.

