

## Movement activities at home.



### **Penguin Waddle:**

Place a balloon between your child's knees and have them waddle across the room without dropping it. Make it more challenging for older kids by having them go around a few obstacles. If they drop it, they have to go back to the start.



### **Ping Pong Ball Catch:**

Get out those plastic red cups and a few ping pong balls (or any small object that will fit in the cup) toss the ball to a partner and try and catch it in the cup. Start out close together and then keep taking a step backwards to increase the challenge. For a single-player, they can simply throw the ball in the air and try and catch it.



**Balloon Taps:** Hang a balloon by a string from your doorway so it is a few inches higher than your child's arm reach. Then challenge them to try and tap it with their hand. Count how many they can do in a row without missing!