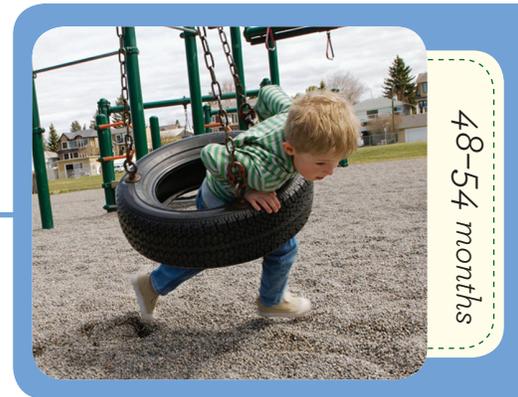


Gross Motor

Activities to Help Your Child Grow and Learn

Your child is continuing to develop and refine her gross motor skills. She can ride a tricycle or bike with training wheels, weaving in and out of obstacles, and stopping and turning with skill. She can kick a ball you roll into her path. She is learning to run and change direction without stopping and to somersault and gallop. She can keep herself going on a swing by pumping her legs back and forth and can throw a ball overhead about 10 feet.



Air Balloon

Play this game with your child and a couple of his friends. Keep a balloon in the air by tapping it up. As it comes down, it's someone else's turn to tap it. See how long you can keep the balloon from falling to the ground.

Target Practice

Cut a few 8- to 9-inch holes in a big piece of cardboard to make a target. You also can draw a target with chalk on a sidewalk or pick a target, such as a tree. Let your child try to throw a bean-bag or ball through the holes or at the target. Have your child start very close to the target and then move back a few feet. Let him try throwing underhand and then overhand. Be sure to cheer when he hits the target!

Ball Games

Your child is ready to practice ball skills. A basket on a chair can be a hoop for a basketball. Use a big ball and show your child how to dribble and shoot to make a basket. Play soccer using any two objects for goals and kicking the ball to get a goal.

Scarf Dancing

On a rainy day, turn on some music. Your child can dance while holding and waving scarves or dishtowels. Try different kinds of music. Encourage her to listen and move to the rhythm and mood of the music.

Circle Catch

It's fun to play catch with your child and a few friends. Use a beach ball or something a little smaller. Show the children how to hold out their arms to get ready for the ball. Stand in a circle and throw the ball to each other. Get ready. Now catch!

Playground Time

Bring your child to a neighborhood playground, park, or open grassy area as often as possible. He will enjoy climbing, running, swinging, sliding, and learning new skills. Keep a close watch. He might be very daring!

Notes:



Don't Forget! Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety.