

1-2-3!

Play With Me At Home!

Gross Motor Activity: Balls

Supplies

- 1 inflatable 11in ball

Large balls are a great tool for fun and connection with your child, supporting their gross motor development. Gross motor is a term used to describe movements of the legs, arms, and torso, such as walking, running, or riding a bike. Gross motor skills are essential for everyday activities and there are many easy ways to practice them using simple objects, like a ball!

Try out some of these fun activities

- Sit facing your child and practice rolling the ball back and forth to each other.
- Go outside and ask your child to kick the ball as hard as they can! How far can it go?
- Hold the ball over your child's head – ask them to jump and try to knock it out of your hands.
- Find a large box or laundry basket and try throwing the ball in. Once you succeed, take a step back and try again!
- Find a large wooden spoon (or anything that can act as a safe toy baseball bat!) and have your child hit the ball to try to get it to move forward.
- Grab onto opposite sides of a sheet or blanket with your child (you may need another grown up for this activity) and toss the ball on top. Shake the sheet to see the ball move up and down. There are lots of fun songs you can sing along as your ball moves. For example, to the tune of "If You're Happy and You Know It" you can sing "If You're Happy and You Know It Give a Shake." Check out tinyurl.com/librarysongs for more song ideas.