

123! Play with Me!

Take-Home Kit: Gross Motor Play



Activity Ideas

****Caution: Activity contains small parts. Adult Supervision required.**

You can use the included balloons for several gross motor skills activities.



1. Play balloon volleyball. Focus on passing the balloon back and forth without letting it touch the ground.
2. Balance with a spatula. Have your child either stand on a line or do different poses (one foot off the ground, on one knee, etc.) Hold the spatula in one hand and use it to keep the balloon in the air without moving your feet.
3. Play Simon Says. Use the game Simon Says to have your child keep the balloon in the air using different body parts. Ex. Simon says kick the balloon.



Video



<https://vimeo.com/459072618>

Recommended Reading



From Head to Toe by
Eric Carle

Yoga Bunny by Brian Russo

How Do You Dance by
Thera Hyder

Everybunny Dance! by Ellie
Syndell

Wiggle by Doreen Cronin

Bear Moves by Ben Bailey
Smith

Hop, hop, jump! by Lauren
Thompson



Act Like An Animal Rhyme

I can hop, hop, hop like a bunny,
And run, run, run like a dog;
I can walk, walk, walk like an elephant,
And jump, jump, jump like a frog.
I can swim, swim, swim like a fish,
And fly, fly, fly like a bird;
I can sit right down and fold my hands,
And not say a single word!

