

Gross Motor Skills:

To ensure our students' sensory diets are fulfilled, here are a few suggestions for fun morning warm ups. Pick one (or more) from the list and email us pictures at school. It's always lovely for us to see our students having fun!

Hallway Hopscotch:

All you need for this active game is some free floor space, a penny to throw in the squares, and painter's tape/ washi tape. (It's like masking tape but easier to peel off when you're done.) Use the tape to make a hopscotch grid. Have your child write numbers in each box (hand over hand if needed). If you're both feeling creative, you can even make the grid with circles, triangles, or diamonds instead of the traditional boxes. Then start hopping!

Alternative: If you have an outdoor space, this could be drawn with chalk on a patio. It may also be an alternative to be creative and colour the squares.

Bottle skittles:

With five to 10 empty plastic water bottles and a football (or another ball about the same size), you can create a home bowling alley in your hallway or your outside space if you have one. Use tape to mark where each bottle should go. And if you can, pour a little sugar, salt, sand, or even rice into each bottle so they don't tip over too easily.

Alternative: Your child might enjoy "glow bowling" in the dark! Just add a glow stick to each bottle and turn the lights out.

Dance Party:

Don't forget the power of music to help your child burn off some extra energy. Put together a playlist of music your whole family can enjoy. Then challenge *everyone* to dance, dance, dance! You might even enjoy dancing with props, like scarves.

Alternative: Play a game of Freeze Dance. When the music stops, everybody has to freeze in their current dance pose. If you move, you're out.

Scavenger Hunt:

Come up with a list hidden things in your house (could be pictures to look on a tablet as well) and give it to your child. Searching for the items can help keep both body *and* brain moving. You might like to start with familiar objects (pillow, toothbrush, favourite toy and move on to harder objects such as the remote control, clean socks ...).

Alternative: Write down a list of things for your child to look for, but leave some open-ended, such as "something you can draw with."

String Scavenger Hunt: String some string around the room, through chairs and set up treasures along the way to find! Have them follow it through, going in and out, under and over to see what they can find!

Balloon and Bubble Play:

Balloons and bubbles are a unique way to build gross motor skills because you can't predict where they're going to go. children can chase bubbles and try to pop as many as possible. While chasing them, they have to run, jump, zigzag and move in ways that require sudden shifts in balance and weight. The same goes for throwing and trying to catch or kick balloons.

Obstacle Courses:

Obstacle courses get children moving and give them a goal to accomplish. For an indoor course, use furniture, pillows and blankets to create areas to crawl on, under and through. Outdoors, you can use things like hula-hoops to jump in and out of, star jumps, belly crawling, bear walking and other creative movements that challenge your child to balance, crawl, jump and run.

Hop Skip & Jump:

Set up paper plates around the house or outside and have them jump from one to the next. If you have different colour plates, there's lots of options!

Alternative: This could be adapted to play a game of indoor twister ([https://en.wikipedia.org/wiki/Twister_\(game\)](https://en.wikipedia.org/wiki/Twister_(game)))

Jumping Game: See how far your child can jump!

Alternative: You might like to measure how far this is in 'feet'

Gross Motor Skills with a literacy/numeracy twist

Bean Bag Toss:

Label your stairs with numbers and throw bean bags to land on each stair. Make it harder to land on them in order.

What does it land on? A rolling version of target practice (use plain white paper plates as targets), roll a ball to see what it lands on (shapes, numbers, colours whatever you'd like to focus on)!

Puzzle Scavenger Hunt:

Hide pieces of a number puzzle around a room. Find them and match them up with the puzzle base!

Learning Scavenger Hunt:

Set out letters or numbers for your child to find in one room of your house and have them match it up to an 'answer sheet'. It could also be used to practise writing their name or familiar words

Alphabet Ball:

Pass a ball back and forth calling out letters, numbers, animals, colours ... for your child to listen to. You could also do it while singing a favourite song.

Alternative: If you are lucky enough to have an outside space and a trampoline, you might like to sing a song or call out the alphabets, numbers 1 to 20 ... at the same pace your child is jumping.