

Busy Bodies

Toss and Throw

Here's a fun way for your child to strengthen their arm muscles while working on hand eye coordination. First, collect a variety of balls that are different sizes. If you don't have balls, you can make them out of wadded paper. Next get a box, basket, or something hollow to throw the balls in. To start, place the box about 1 foot away from your child then gradually move the box further and further away. Practice throwing overhand or underhand and see how many times your child can get the ball into the box.



Book Balance Beams

Strengthen core muscles by using books to create a balance beam. First, collect 20 hardcover books and line them up to make a path. You can create various types of paths ranging from straight to zigzag. You can also vary the difficulty level of the beam by stacking 2-3 books on top of each other. Be creative... pretend the book path is a bridge protecting your child from falling into hot lava! The goal is to work on balance by not touching the floor.



Silly Skates

It's time to skate! This fun activity is used to promote balance, coordination, and leg strength. For best results use wax paper or parchment paper. First, cut large enough pieces to fit your child's entire foot. Next, stand on the paper and start gliding on the floor. Have fun by playing "Freeze Skate." Skate to your favorite song and when the music stops... FREEZE!



JUMP! JUMP! JUMP!

Jumping is a great way to get those wiggles out while working on building leg strength. A quick and easy way to make jumping fun is to use construction paper. Spread out 10 pieces of paper across the floor with enough space for your child to jump successfully from one paper to another. Make it fun by cutting out different shapes or by cutting out pictures of your child's favorite characters. This is also a good way to work on receptive language skills by giving simple directions, "Jump to yellow, jump to the circle..." Take it up a notch by using your imagination and pretending that your child is a frog jumping from lily pad to lily pad.



