



Gross Motor Outdoor Fun

Summer is a great time to provide your child's body with plenty of sensory input. There are many fun ways to increase body strength and coordination. Have your child try some of these activities:

- Swim or run under a water sprinkler.
- Jump rope, jump on a trampoline, jump off a diving board, play hopscotch.
- Run - play tag, play dodge ball, hide & seek, organize races.
- Ride swings, see saws, sliding boards, bikes, skates, scooter boards
- Gardening - dig with shovels, hoes or use a rake, push a wheel barrow, pull weeds, water the grass.
- Climb jungle gyms, monkey bars, flag poles.
- Make forts, mud pies, sand castles
- Pull wagons, play tug-of-war, walk your dog
- Do jumping jacks, spinning, cartwheels, sit-ups, push-ups.
- Fly a kite, blow bubbles, catch a ball, dance in the sun!

Have Fun! Be Creative!