

### **Activities to Promote Gross Motor Development at Any Age**

- **Tummy time (no joke!):** propped on elbows, strengthens and stabilizes shoulder girdle, important for fine and visual motor development as well as ocular(eye) motor development
  - \*play games or do puzzles
  - \*color, draw, or read
  - \*homework time
  - \*tv/video games (limit screen time)
- **Crawling Games: CRITICAL** for brain and body development, facilitates sensory integration as well as gross motor, fine motor, and visual motor development
  - \*crawling races
  - \*crawling games and obstacle courses
  - \*balloon volleyball on hands and knees
  - \*crawl outside on the grass
- **Joint Traction and Joint Compression:** organizing, calming, regulating for brain and nervous system, as well as important for developing body awareness and body in space, joint stability, and strength

#### **Natural Ways to Achieve Joint Traction**

- climb/hang from tree
- hang from bar on playground, trapeze bar, or railing
- hang from knees on playground with help & close supervision for safety
- stretching/yoga
- heavy work such as pulling a wagon
- carry heavy objects such as a water pail

#### **Natural Ways to Achieve Joint Compression**

- running, jumping, hopping, skipping
- wheelbarrow walking
- yoga
- trampoline, hippity hop ball
- pogo stick
- bike riding
- heavy work such as pushing a shopping cart or heavy box
- crab walking
- climbing up the playground slide safely (yes i said it!:) )
- climbing hills

- **Get OUTDOORS!**

- \*Sunlight and vitamin D3!
- \*Outdoors 1 hour a day if possible! More in summer! Wear Sunscreen!
- \*Encourage UNSTRUCTURED play simply enjoying and exploring
- \*Walk barefoot outside in grass and sand in safe to walk areas
- \*Nature Walk
- \*Dig a hole and make mud!
- \*In winter, build a snowman

