

Sunday, April 19, 2020



In soft morning light, the stars
fade away.

The birds soon awake. This is a
new day.

Awake, awake, shine like the
sun.

Give light and love to everyone.

Developing balance and coordination begins almost at birth. As babies develop, they learn to lift their head, roll over and scoot across the floor. Eventually, when babies turn into toddlers, their balance and coordination develops more quickly as they begin to crawl, walk, skip, jump and run. During these developmental stages, children typically become involved in more complex and difficult activities on the playground and at home that help them in their growth and development.

Where ever you are quarantining try and make time for some of the movement ideas in the links with this handout. Schedule movement time into your daily rhythm.

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Movement Activity Obstacle Course!

Decide on some fun ways that your kid can get from obstacle to obstacle. A few ideas: crab walk, bear walk, slither

like a snake, walk backwards, walk

sideways, dance, walk with eyes closed, walk with a book on their head, and so on. Pick a challenge, like balancing a book on your head, to move from one part of the course to the next. Mix the larger physical obstacles with smaller ones for fine motor skills. A few ideas: Pile some marbles or coins on the floor next to some tongs, tweezers, or a ladle. Now, at this station, your child must transport each toy or marble, using the ladle or tongs, to a bucket or bowl at the next station. Make it more complicated by wearing a blindfold for certain parts. Set up some bigger physical obstacles. A few ideas: Drape a sheet between two chairs, where your child has to crawl under or limbo under. Pile some pillows that your kid has to “mountain climb” over. Place a toy that rolls at one station and have your kid push it to the next station. The idea is to make a course suited best for your child. Have your child roll a pair of dice and do a certain move that number of times, or move a pile of something back and forth. If you have small hand weights at home, use them! Your kid will be thrilled to get to use grown-up equipment in the game.

