These are general gross motor activity ideas. They are not therapeutic activities as prescribed by a physical therapist. They can be enjoyed and explored when safe, fun and helpful for your child.

**Gross Motor Activities for Home**

Preschool Ideas:

Practice the stairs with your preschoolers. Put puzzle pieces at the bottom of the steps and ask child to cart one piece at a time up the stairs. Some children need to work on placing just one foot on each step as they hold the rail or your hand. You could put painters’ tape or post it notes on the steps to make where each foot should go on the step, as a visual cue to place only one foot on each step.

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| Indoor games and activities | <https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/> |
| Indoor and outdoor activities for kids | [https://www.google.com/amp/s/parenting.firstcry.com/articles/30-indoor-and-outdoor-physical-activities-for-kids/%3famp](https://www.google.com/amp/s/parenting.firstcry.com/articles/30-indoor-and-outdoor-physical-activities-for-kids/%3Famp) |
| Exercise games and indoor activities | [https://www.google.com/amp/s/parenting.firstcry.com/articles/30-indoor-and-outdoor-physical-activities-for-kids/%3famp](https://www.google.com/amp/s/parenting.firstcry.com/articles/30-indoor-and-outdoor-physical-activities-for-kids/%3Famp) |
| Indoor games for young children | <https://www.google.com/amp/s/www.todaysparent.com/toddler/20-fun-indoor-games/amp/> |
| Go Noodle Balance Video | <https://www.youtube.com/watch?v=0vuaCHEAs-4> |
| Cosmic Kids Yoga Example | <https://www.youtube.com/watch?v=KAT5NiWHFIU> |
| Wheelchair Safety Checklist | <https://aquilacorp.com/resources/blog/wheelchair-safety-maintenance/> |
| 25 Indoor Energy Busters | <https://littlebinsforlittlehands.com/25-indoor-gross-motor-energy-busters-for-kids/> |
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