



Movement Games

Movement activities allow your child to work on skills such as balance, catching and throwing!

Tape Jumping - Lay a strip of tape on the ground as a starting point. Then place another few strips spaced closely together and get your child to hop, feet together, from tape to tape. Move the tape further apart as your child masters the tasks.

Through the Tunnel - Stand a short distance from your child with your legs spread wide apart. Get them to roll a ball “through the tunnel” (through your legs). With practice, you can begin to stand further away from your child and make the tunnel narrower by stepping your legs closer together, as well as using a smaller ball.

Simon Says - This instructional game can be played to develop many of your child’s skills, including listening skills, concentration, auditory perception, etc. Simon Says...do a crab walk, run to the tree, do 4 jumping jacks, turn around etc.

Uno Move - Uno is a card game with a variety of numbers and colours. Take turns flipping over cards and assign each colour to an action. The number on the card will tell your child how many repetitions of each to do.

Red - Hop, Yellow - Stomp, Green - Twirl, Blue - Touch Elbows to Opposite Knees

Tissue Dance - Get your little one moving with a good old fashioned dance party! Challenge your child to dance while balancing a tissue on the top of their head. Your child will be excited to see how long they can move without the paper falling to the ground!

