

Physical Therapy Home Activities

School isn't in session but we can still work on our gross motor skills (balance, running, jumping, climbing, catching, kicking and throwing). The following activities are quick activities that each work on a variety of different and important skills.

Parent supervision is needed for all activities. All students have different needs and some may need more assistance than others to engage. Just make sure to have your child try the activity and then provide assistance as needed to be successful.

Make it fun....and as a parent or caregiver, have fun too!!!



1.) Walk the zig-zag line (try backwards, sideways)



2.) "The floor is lava!"- jump from color to color...don't touch floor. "jump to "red"or number them and jump to numbers



3.) Tape jumping game- 6 lines 1 foot apart- take turns jumping to farthest line



4.) Hop, skip and jump with plates: hop or jump from one to the next...then only orange or only green



5.) Body part bubble pop: Pop bubbles with your....(nose, knee, elbow, thumb etc).

6.) Animal impersonation: "Move like a..."

- Stomp like an elephant (remember the trunk as well)
- Tall like a giraffe – both hands above the head making the giraffe's head and on tiptoes to make yourself as tall as possible
- Snap like a crocodile – running fast with arms out stretched snapping at the person you are chasing
- Jump like a kangaroo – jump around the room with arms in front
- Hop like a frog – Down on haunches hopping around
- Slithering like a snake – laying down and sliding along the floor
- Wriggling like a worm – similar to a snake
- Galloping like a horse
- Prowling like a lion
- Swimming like a seal
- CRAB WALK
- BEAR CRAWL
- Waddle like a duck...ball between knees
- Flap wings like a bird...chicken noises



7.) Paper plate skating: bare feet or shoes (socks slip) (also bring frisbees)

Other ideas:

-balloons- volleyball, tennis, using feet

-hula hoop

-hot potato...roll, catch, pass a beanbag, ball or pillow

-Play outside!!!