Hi everyone. Thank you for your patience as we navigate this new normal. Although we are not permitted to provide specially designed instruction at this time, we will touch base with you all weekly via email and updates to our staff websites with one gross motor and one fine motor activity suggestion for you do with your child at home. Each of these activities can be modified to fit your child abilities and target motor goals. We realize that every family has different equipment available in the home, but feel free to substitute other items that you have available or choose another activity that fits your family’s interests.



**Home Obstacle Course:** As you design your obstacle course, keep in mind the ages, abilities, and number of children involved as well as the space you have. You can really get creative when designing station concepts and layouts. If you have stairs, consider carefully incorporating them. You can also look around your house for everyday items you might be able to use like empty paper towel rolls, blankets, hoola hoops, jump rope, etc. Make the obstacle course simple at first and change the stations as they're mastered. If you like, time the kids to see who can complete the course fastest. Just beware, it can quickly turn competitive.

Here are a few ideas to get you started on building an indoor obstacle course for your kids:

1. Crawl under or over a row of chairs.

2. Crawl under a string stretched between two chair legs.

3. Jump into and out of a Hula-Hoop five times.

4. use painters tape to make lines on the floor to walk across

5. Throw a beanbag into a laundry basket.

6. Step up and jump down from step stools

7. log roll across the floor

8. hopping or jumping in place or over a line on the floor

**\*\*Please find a video attached of an example of one example of how a home obstacle course might look.**

**A picture containing drawing

Description automatically generatedCooking/Playdough Activities:** Cooking is a great way to work on upper body and hand strength, hand dexterity and sensory exploration with your child.Take advantage of opportunities to open/close containers, pour, dump, stir, knead, and roll ingredients. Alternatively, you can also use playdough to work on similar concepts.

Here are a few ideas to get you started:

1. Measure ingredients by scooping with a measuring cup and dumping into a bowl
2. Rolling bread dough or play dough into balls then press flat with your hands or a rolling pin
3. Roll dough out long like a snake (if using playdough consider using scissors to snip pieces of the snake and make smaller pieces)
4. Make small balls and pinch them flat using thumb and index finger
5. Scoop using an ice cream scoop and place dough onto a cookie sheet
6. Use a rolling pin to roll dough
7. Make sure to have your child help with clean up such as wiping the counter or helping to wash dishes

**\*\*\*Please find a video attached of an example of one example of cooking with young kids. Our family was making Roti (an Indian bread) and my kids love to help with rolling the dough.**

Please reach out to us if you have problems accessing the attachments or have questions. We hope you are all safe and healthy.

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