

Home PT/Gross Motor Activities

All activities should be directly supervised by an adult and physical assistance should be provided by that adult as needed for the student's safety.

Get outside - walk, wheelchair pushed by an adult or wheelchair self-propelled by student

- Get some fresh air
- Explore different surfaces - asphalt, concrete, mulch, grass, etc..
- Walk up and down curbs, stairs and hills

Gross motor songs - available on YouTube and music streaming services (Spotify, Amazon Music, Pandora) if you don't already know the words

- The Wheels on the Bus
- The Ants go Marching
- 5 Little Monkeys Jumping on the Bed
- Head, Shoulders, Knees and Toes
- Itsy Bitsy Spider
- If You're Happy and You Know It
- Hokey Pokey
- Ring Around the Rosie

Help your child complete the song movements if needed.

Dance and move to any song - in any position the child can best tolerate. Sitting with support, sitting on the floor or couch, standing with support, standing, etc.

<https://www.gonoodle.com/> - GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!

Ball activities -

- Roll a ball back and forth while sitting on the floor
- Practice catching, throwing and kicking with different size balls
- Use a spoon to roll a small ball across the floor
- Throw balls into a laundry basket placed 3-5 feet away

If you don't have a ball, get creative. You can use rolled up sock, bean bags or small stuffed animals for many of these activities. If your child requires support while standing, try having them lean against the wall to free up their arms.

Play with riding toys if you have them

Create indoor obstacle courses with everyday items -

- Crawl under or over a row of chairs
- Step over objects
- Walk while balancing a bean bag (or small stuffed animal) on your head
- Crawl over pillows on the floor

Wheelchair games

- <https://theinspiredtreehouse.com/games-for-kids-in-wheelchairs/>

Yoga for Kids on YouTube

- <https://yogawithadriene.com/yoga-for-kids/>
- <https://www.youtube.com/user/CosmicKidsYoga>

Chores count as therapy, too!

- <https://www.southpaw.com/helping-children-meet-therapeutic-needs-through-chores>