

# Get moving at home!

Everyday activities can help to develop your child's body awareness. Children need a wide variety of opportunities to develop their movements such as rocking, spinning, twisting, turning, jumping, bouncing, tipping, wobbling, and moving at different speeds. Play gives children lots of opportunities to gain these experiences, so try out these fun activities and get moving at home!



## Laundry Fun!

Using empty baskets or large bowls, fill one basket/bowl with rolled up socks. The challenge is to sit and pick up the socks with your feet.

For little ones, try asking them to pick up the socks with one hand and transfer them to the other hand before placing in the basket.

## Balance whilst you brush!

Why not try balancing on one leg while you brush your teeth? See how long you can brush for without wobbling and be sure to try it out with both feet! This is a great way to develop balance, coordination and concentration. If your little one isn't quite ready to stand on one foot, encourage them to rock backwards and forwards whilst brushing their teeth. This will help the large groups of muscles work in harmony to gain control of their posture.

## Towel Skipping!

You will need three people to play. Tie two towels together and wrap tightly so it becomes long and thin. Ask two people to hold each end of the towels, then start swinging the towels side to side and see if you can jump over the towel! How many jumps can you do?

For little ones, keep the towel low and encourage them to step over the towel encouraging balance and coordination!

