



Indoor/outdoor Obstacle Course - You could use whatever you have in your house or garden  
Create areas where they need to walk, jump, crawl and balance.  
You could use the following to develop their gross motor skills:

- Cushions/pillows - Balance
- Small objects - To pick up or throw
- Large objects - To move around
- Different areas - Where they would need to crawl under or jump over

You can be as creative as you want. Have fun!



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Pasta necklace - Great for fine motor skills

You could use a piece of string, wool or even an old shoelace to create a wonderful pasta necklace. If you do not have dried pasta you could use any old beads or buttons that you may have. Challenge yourself to make a repeated pattern.