

Simple, everyday activities to help boost your child's physical development skills

STANDARD: Uses Large Motor Skills

- ☐ **HOP AND JUMP** Ask your child to be your mirror as you jump on both feet. Then experiment with hopping on one foot. Build school readiness skills by counting hops and telling which foot to hop on—left or right.
- ☐ **PLAY OUTSIDE** Avoid too much screen time and take your child to playgrounds, parks, or other outdoor areas. Encourage imaginative play. "Let's pretend this path is our yellow brick road. Where will it take us?"
- ☐ **PLAY BALL** Invite your child to experiment with rolling, bouncing, throwing, and catching. "Let's count how many times the ball bounces." "Let's see if you can catch the ball again if we each take one step backward!"
- ☐ **TAKE A WALK** Make time to walk and talk with your child. You will bond while they build strength, coordination, and balance. Add walking on tiptoe, jumping, standing on one foot, or walking backward as your child grows.

STANDARD: Uses Small Motor Skills

- ☐ **LACE UP** Show your child how to pull a shoelace out of its hole. Then challenge your child to put a shoelace through the hole. Your child might also enjoy using string or yarn to make a necklace with macaroni or another kind of pasta.
- ☐ **BUILD A TOWER** Let your child stack blocks to build a tower. Try to make the tower-SRK008. one block taller each time. "How many blocks tall is our tower now?"
- ☐ **SET THE TABLE** Show your child how to set the table for a meal. "Here are the plates. Put one plate down for you and one for me." Do the same for cups, utensils, and napkins. "Put the fork right next to the napkin."