

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

STANDARD: Develops Large Motor Skills

- ☐ **EXERCISE** Avoid too much screen time and take your child to playgrounds, parks, or other outdoor areas. Encourage your child to exercise by using the climbing bars, the swings, and the other playground equipment. Running, hopping, and jumping are also good exercise.
- ☐ **WALK AND BALANCE** Draw a line on the sidewalk with chalk. Ask your child to pretend it's a balance beam and slowly and carefully walk on the line. Then ask your child to stand on the line and balance on one foot. Challenge your child to try to walk backward on the line.
- ☐ **BOUNCE A BALL** Encourage your child to bounce, throw, kick, and catch a ball. This will help as your child begins to play team sports with others at school.

STANDARD: Develops Small Motor Skills

- ☐ **MAKE MODELS** Invite your child to use modeling clay to make objects. Encourage your child to roll, flatten, cut, and shape pieces.
- ☐ **FOLLOW THE PATH** Draw several paths on a piece of paper. Have your child follow the paths by tracing over them with different-colored crayons or markers.
- ☐ **PRACTICE HANDWRITING** As children learn to write letters, allow time for practice at home. Give help with letters that are more difficult for your child to form.
- ☐ **COLOR AND PAINT** Provide time for your child to color and/or paint. Encourage your child to use his or her imagination, and of course, talk about your child's finished creation.