

## Physical Therapy Fun at Home

We all know that this year has resulted in spending more time inside the home, leading to children not being able to spend as much time being active outdoors. The good news is that spending more time inside doesn't mean that your child has to be less physically active! There are many fun games and activities that can be done in the home setting that enable your child to improve their gross motor skills. Try to incorporate active games in your daily routine every other day, or once a week for the busier schedules. Aim to spend 15-20 minutes on each activity. Below is a 2-week sample of activities that incorporate balance, coordination, and strength skills to help your child's development. Try these suggested activities at home or use them as a guide in creating fun activities to do with your family in the home. If needed, ask your physical therapist for easy ways to modify or adapt these recommendations based on your child's unique needs.

### Week 1:

<b>Day of the week:</b>	<b>Equipment:</b>	<b>Focus area:</b>	<b>Activity</b>
Monday	Medium size ball	Balance	Trapping and kicking: Trap the ball by balancing one leg on top of the ball, then practice kicking the ball to a target. The target can be a partner or goal!
Wednesday	Painter's tape	Coordination	Line walking: Tape a 4 to 8-foot line on the floor. Practice walking forward, backwards, and sideways on the line, then practice jumping and/or hopping over the line.
Friday	Nothing!	Strength	Animal walks: Get creative! Jump like a bunny, hop like a frog, walk like a bear, stomp like an elephant, walk like a crab, belly crawl like a snake.

### Week 2:

<b>Day of the week:</b>	<b>Equipment:</b>	<b>Focus area:</b>	<b>Activity</b>
Monday	-Bean bags, beanie babies, or paired socks -Container (i.e. laundry basket)	Balance	Balance while playing game: While having fun throwing bean bags into a container (3 to 5-foot distance), have your child stand in balance positions progressing from feet together to tandem to standing on one leg. Add a pillow for standing on to make it more challenging!
Wednesday	-Medium size ball -Plastic water bottles or cups	Coordination	Throwing/catching/bowling: Throw and catch with a partner from ~5-foot distance, to make more challenging use a smaller ball or increase the distance. Practice underhand throwing by "bowling" a ball to knock down cups.
Friday	-Pillows/blankets -Painter's tape -Paper plates -Whatever you can find!	Strength	Indoor obstacle course: Use whatever you can find in the house to make an indoor obstacle course! You can incorporate stepping on/over obstacles, climbing over obstacles, and crawling under obstacles.