

- Brush your teeth
- Comb your hair
- Practice good hand washing
- Practice zipping, buttoning
- Play outside - go for a family walk
- Dance videos
- Copy cat movements
- Imaginary play
- Make an obstacle course
- Practice hopping on one foot
- Walk like an animal
- Balance items on a spoon
- If allowable, let them ride bike or trike in the house
- Match nuts and bolts (fine motor)
- Puddle jump inside. Put blue paper on the ground and jump over the puddles.
- Build a fort with pillows and blankets.
- Play red light, green light
- Play Mother May I
- Have a spoon race with cotton balls or plastic eggs.

