

Gross Motor Activities for Preschoolers that Like to MOVE

- A Flash Light Scavenger Hunt: Turn off the lights and hide some objects around the house for preschoolers to go find with a flash light. They'll be begging for you to hide them again.
- Maze of Numbers: Preschoolers will absolutely love to practice counting their way through a huge maze. Do it with tape for some inside fun.
- Target Practice: Set up a target practice for preschoolers to throw something at. This is a good way to use bean bags or rolled up socks.
- What does it land on? A rolling version of target practice, roll a ball to see what it lands on (shapes, numbers, whatever).
- Hop Skip & Jump: Set up paper plates around the house or outside and have them jump from one to the next. If you have different color plates, there are lots of options!
- String Scavenger Hunt: String some string around the room, through chairs, under tables, around the couch... Have them follow the string, going in and out, under and over to see if they can find their way to the end.
- Ribbon Painting: If you can go outside with this one, that would probably be best. Dip some ribbons in paint and throw them at paper! Watch the marks it makes.
- Jumping Game: See how far they can jump! Mark it with tape and see if they can beat their record.
- Sticky Spider Web: Throw kleenex balls or poms at a sticky spider web made from tape in the hallway. How many can they get to stick?
- Alphabet Ball: Pass a ball back and forth calling out letters, numbers, whatever they're learning.
- Learning Scavenger Hunt: Set out letters or numbers for them to find throughout the house and have them match it up to an "answer sheet". The "answer sheet" could be their name or any other word.
- Lines of Colored Tape: Tape lines on the floor to act as a balance beam. How far can they walk before they step off the lines? Or blow pom-poms or cotton balls along them! Or jump over them...
- Newspaper Throwing: Have a little indoor basketball or a "snowball" fight with rolled up newspaper.
- Road Game: Either use tape inside or sidewalk chalk outside and make a "road" for the kids to drive or walk through!
- Jump & Grab: Hang some objects (like a balloon on a string) for them to jump and grab.
- Race with Straws and Pom-Poms Set up a track to blow pom-poms around. It's much harder than it seems.

