

Home Activity Card



Bike Ride

As children embark on using their bodies in everyday activities, they become well aware of what their bodies can do. Gross motor skill building helps children use large muscles in their bodies and maintain a healthy life style. Feel free to share your ideas demonstrating how you get your child moving at home using the hashtag below. *#grow2gether*

Movement that encourage large muscles include, arms, legs, and the torso. Working on gross motor skills helps your child strengthen her or his body. It also helps them stay active and offers a boost of energy that they will benefit from. Moving these parts of the body regularly also enables your child's ability to work towards more complex skills in future activities.

Invite your child to hop on their bike and go outside for a ride. Challenge your child by requesting slow pedal movements first, then encourage them to pedal faster. You might change things up and try riding in patterns. For example, try zig zag form or in a circle to make the experience engaging.

Activities will promote self-confidence, self-awareness, active participation, as well as social skills with others. Remember, that you can make these as simple or complex as you see fit. Take note on how your child is doing with your requests. Does he or she enjoy it or seem bored? These will guide you towards what direction you might want to try next.

Learning on the Go!

- Try asking your child to do a fun balancing challenge of hopping on one foot, then the other.
- Yoga is an excellent way to get those large muscle areas stretched. Try these: All fours on the ground with an arched back like a cat. Another would be the ostrich with your legs standing straight, and head down towards your legs.



Share with us! We would love to see how you did this activity. Use the hashtag *#grow2gether* so we can find it!



#grow2gether

