



Activity	The floor is lava
Materials	Cushions and sturdy furniture
Skills Targeted	Lower extremity strength, balance and coordination
Instructions:	<ol style="list-style-type: none"> <li>1. Remove couch cushions to place on the floor. Agree on “out of bounds” furniture like a wobbly table or rolling furniture for safety.</li> <li>2. All floor space is “lava” and out of bounds</li> <li>3. This game may be played in just an exploration phase (maybe have a goal to retrieve an item) or a tag style game.</li> <li>4. If you step in lava, you are out.</li> </ol> 
Modifications:	<ol style="list-style-type: none"> <li>1. If your child is not yet standing/walking as an independent skill, this game can be set up as a walking or crawling challenge with physical support and cushions/furniture placed closely together to decrease the difficulty.</li> <li>2. High level skill adaptation: a timed contest to see who can get to an endpoint fastest can increase the challenge. You can also place furniture/cushions farther apart, but be careful that they do not slide when attempting to move between them.</li> </ol>

Activity	Car/bike wash
Materials	Car or bike, Squirt bottle/rag, dish soap, buckets of clean and soapy water
Skills Targeted	Fine motor and gross motor coordination and strength
Instructions:	<ol style="list-style-type: none"> <li>1. Set up an outdoor car wash! Bring your bike or car to a concrete or grassy area (avoid areas that could be slippery)</li> <li>2. Squirt or wipe with soapy water.</li> <li>3. Wipe down or squirt with clean water</li> </ol>

	<p>4. Make sure to get all areas clean! (a good squat is very helpful in developing lower extremity strength)</p> 
<p>Modifications:</p>	<p>1. If your child is not yet sitting or standing, this activity can easily be modified into a seated activity washing matchbox cars (or dishes!) Place one clean bin to the left of your child and a soapy bin to the right. They can work on various sitting positions and cross body reach.</p>

<p>Activity</p>	<p>Coloring with feet</p>
<p>Materials</p>	<p>Paper, crayons/markers and a vertical surface</p>
<p>Skills Targeted</p>	<p>Postural strength and coordination</p>
<p>Instructions:</p>	<ol style="list-style-type: none"> <li>1. Tape a large area of paper onto a wall or other vertical surface. (if you have whiteboard markers, a sliding glass door is an option as well)</li> <li>2. Encourage your child to color with their feet. Shapes, numbers, letters, rainbows are good places to start.</li> <li>3. Switch up between right and left.</li> </ol>



Modifications:

1. If your child is just learning to sit, this activity should be relatively accessible to them. If not, sitting with support and using their hands is another option.
2. If your child needs an additional challenge, you can ask them to sit and color and not use their hands for support. It would look more like they are balancing on their bottom and one foot (or try no feet!)