


Activity	Build a blanket fort with tunnels
Materials	Blankets, cardboard, pillows, books
Skills Targeted	Crawling (lower and upper extremity strength and coordination) prone skills (core strength and upper extremity stability) and creativity!
Instructions:	<ol style="list-style-type: none"> 1. Gather materials and focus on making low to the ground tunnels to target crawling skills. 2. A long box or blanket between a couch and coffee table can make a nice tunnel.  <p>The illustration shows a child's room with a wooden chair, a table, and a bed. A white sheet is draped over the chair and table to form a fort. A blue blanket is laid out on the floor, creating a tunnel that goes under the table and through the chair. A stack of books is on the table, and a red and white striped pillow is on the chair. A small green text box at the bottom right of the image says 'wiki How to Make a Blanket Fort'.</p>
Modifications:	<ol style="list-style-type: none"> 1. If your child is not yet crawling, this can be a great activity for working on crawling as an emerging skill. 2. If your child is learning to sit, this is a nice way to work on sitting reach and balance. 3. If your child needs a challenge, you can add more tunnels or obstacles.

Activity	Walking on pillows
Materials	Pillows and an open space
Skills Targeted	Balance and coordination in walking
Instructions:	<ol style="list-style-type: none"> 1. Make a path of pillows with your child. Make sure they are in a non-slippery area. (the path can be circular or linear, but you might want to make a goal for a linear path) 2. Walk on pillows two feet at a time or one foot for each pillow.




INDOOR GROSS MOTOR FUN!
walking on pillows



Modifications:

1. If your child is not yet walking, they might need a handhold or can crawl through the course.
2. If your child is not yet sitting consistently, you can work on sitting on a single pillow that does not bottom out for working on sitting reach with assist.
3. For an additional challenge, you can introduce timed routes through the circuit or hopping if your pillow surface is stable.

Activity	Egg or ball race
Materials	<ol style="list-style-type: none"> 1. Hardboiled egg, plastic egg or plastic ball for each racer

	<ol style="list-style-type: none"> 2. Two bins, one on each end of the race course 3. Large spoons for each racer 4. Open area for running/racing
<p>Skills Targeted</p>	<p>Whole body coordination</p>
<p>Instructions:</p>	<ol style="list-style-type: none"> 1. Place eggs/balls in a bin on one end of course and an empty bin on the other end of the race course 2. Upon start, each racer uses a spoon to scoop out a ball/egg and races to the other end to dump it into the empty bucket. First one to dump their egg/ball wins! 
<p>Modifications:</p>	<ol style="list-style-type: none"> 1. If your child is emerging in their sitting balance, this can be a nice activity to work on sitting reach and transfer of ball from one side to another. You can place a bucket on each side of your child and move balls/eggs from one side to the other using only one hand and another for propping or give support through the trunk. 2. If your child is working on walking, you may need to give physical support by holding a hand or support their trunk.

	<p>3. If your child needs an additional challenge, you can add obstacles to the course.</p>
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