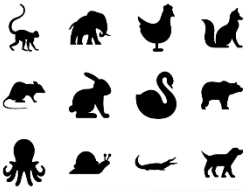




Moving at Home

ACTIVITY	LINKS TO SCHOOL SUBJECTS
 Jumping: Jump around the house with feet together, feet apart, on one foot, big jump or small jump. Count together with your child how many jumps they can do across a spot. Try subtracting when they jump backwards!	Math/numeracy, core strength, transitions, foundational movements
 Target Jumping: Place coloured papers or sticky notes on the wall at different heights. Write different letters or your child's sight words on paper to target literacy.	Math/measuring, sight words, letter recognition, spelling, foundational movements (jumping)
 Hopscotch: Create hopscotch patterns with your child using sidewalk chalk or floor/painters' tape, paper etc. Place numbers and/or letters inside in each square to target numeracy and literacy. For older students you could add chemistry or math formulas.	Numeracy/skip counting, literacy/letter recognition, foundational movements (jumping)
 Animal Walks: Place images of animals on large dice or on walls. Get silly and move like different animals around the house. (Donkey kicks, bear walk, frog jumps, duck waddle, crab walk, snack slitter).	Shoulder stability, core strength, transitions, body awareness
 Laser Maze: Using painters tape or string to create 'laser' mazes for your child. Set the height and width to best suit your child's size, so that they have to bend low, crawl over, commando crawl, jump and more.	Motor planning, problem solving, core strength.
 Clean-up Game: Turn cleaning up into a game! Place a clean-up bin in the middle of the room and challenge your child to run, or jump to a toy to clean up as fast as they can. Time your child to add an extra challenge.	Transitions, foundational movements (throwing/jumping)
 Pillow Obstacle Course: Set up pillows around the room - some flat and some piled high, and against the wall or couch. Your child can jump over or around them, hopping with one or two feet and doing animal walks between pillows.	motor planning, foundational movement (jumping), core strength



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	Dance Party: Put on some tunes and dance! Dance to your child's favourite song, or put on some actions songs to follow along with to practice stomping, clapping, standing on one leg and copying other actions. Get your groove on! Older students prefer to choose their own tunes and space.	Motor planning, foundational movements, social skills, endurance
	Family Game Night: Play games together that encourage movement such as Twister®, Feed the Woozle®, Yoga cards such as Yoga Pretzel®	Social skills, problem solving, motor planning, turn taking
	Blanket Racing: Have your child sit on a blanket and pull them around the house. Your child can pull siblings or objects on the blanket. Add items to your child's blanket from various room in the house and have your child drop off objects to the room they belong in.	Transitions (clean-up), strength, balance
	Fort Building: Allow children to use a variety of materials such as blankets and pillows to see what they can build! Try building a big fort or a small fort to add a challenge.	Creativity, imagination, Problem solving, sequencing
	Floor is Lava: Call out "the floor is lava!" and everyone has to jump onto something and get off the floor! Jump onto the couch or small items on the floor to encourage different types of jumping. Adjust the speed and/or jumping distance.	Balance, coordination, core strength, motor planning
	Scavenger Hunt: Have objects or items for your child to find around the house or outside. Have child search for objects that start with a specific letter or letter sound. Do the same with sight words, places on a map, specific measurements, multiplication and division	letter recognition, sight words, numeracy, measurement, problem solving
	Help Around the House: Have fun doing chores by involving your child in activities such as sweeping, vacuuming, raking, shoveling, cooking, washing dishes, packing groceries. If necessary, use reward charts and Apps (I.e. S'Mores Up, Chore Monster) to help engage your child.	Life skills, measurement, health, sequencing, problem-solving, organization, executive skills independence