

Fun Therapeutic Ideas for the EI provider  
Gross Motor Skills  
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Key Points:

- Movement, movement, movement (Parents and providers)
- Use music/singing while doing the activities
- Use toys/games that have MULTIPLE pieces
- When in doubt, use food (Puffs/Cheerio's are the best!)
- Make it fun for them by having fun with them

Strength

- Pushing and pulling with the legs ("Knock me over—Help me up!")
- Bridging (Use cars, animals, puzzle pieces, balls, etc.)
- Trunk on ball/lap ("Row, Row, Row your boat")
- Wheelbarrow walking
- Knee walking ("Duck walking") in all 4 directions→"Hands up, Stand up!"
- Step-ups—go outside, find various sized steps/landscaping

Balance

- Sitting—Have them reach overhead, give them nudges—test their balance reactions
- Standing—Same as above.
- Walking over challenging surfaces, walking outside, over pillows, stepping over things
- Standing on one leg—donning/doffing footwear, popping bubbles, kicking/foot on a ball, pushing cars
- Walking on a chalk line, landscaping, balance beam

Gross motor

- Positioning—Tummy time without being on the tummy
- Sidelying to promote playing in midline, easy to reach/grab toys

- Sitting with an elevated toy in front or a short bench in front
- Jumping activities (frog, rabbit, kangaroo) over lines, down from things, forward
- Stomping on “bugs”
- Kicking and catching a ball

Recommended toys for parents to buy:

- Puzzles (Animals/vehicles)
- Toy food
- Shape sorters
- Dress-up clothes/jewelry
- Games with cards (Candyland, Uno)