



Gross Motor



★ Red light, Green Light Game

- Directions: Make Stop and Go signs. Have your child stand far away from you and when you put up the "Go" sign, they can run or walk to you but when you put the "Stop" sign, they must stop and freeze wherever they are. Keep doing it until they walk or run to you!
- Reference: [How to Play](#)



★ Balancing Balloon

- Materials: Paper plate, a stick, and a balloon.
- Directions: Decorate your plate and securely tape the stick to the balloon. Blow up your balloon and try to balance the balloon on your plate while walking around! You can throw the balloon in the air and try to catch it with your plate.

