**Gross Motor Activity Ideas for Home: Provided by EBS Physical Therapy**

\*These links are general ideas for activities to complete at home and are not intended to replace or represent direct therapy services\*

**Simple Exercise Ideas**

Retrieved from <https://www.ot-mom-learning-activities.com/>

**Crab Walks**

[**https://www.ot-mom-learning-activities.com/shoulder-exercises-for-kids.html#CrabWalk**](https://www.ot-mom-learning-activities.com/shoulder-exercises-for-kids.html#CrabWalk)

**Gross Motor Classroom Activities**

[**https://www.ot-mom-learning-activities.com/gross-motor-exercises.html**](https://www.ot-mom-learning-activities.com/gross-motor-exercises.html)

**Making Bridges**

[**https://www.ot-mom-learning-activities.com/core-exercises-for-kids.html#MakingBridges**](https://www.ot-mom-learning-activities.com/core-exercises-for-kids.html#MakingBridges)

**Snake Curls**

[**https://www.ot-mom-learning-activities.com/core-exercises-for-kids.html#SnakeCurls**](https://www.ot-mom-learning-activities.com/core-exercises-for-kids.html#SnakeCurls)

**Tight Rope Walk**

[**https://www.ot-mom-learning-activities.com/core-exercises-for-kids.html#TightropeWalker**](https://www.ot-mom-learning-activities.com/core-exercises-for-kids.html#TightropeWalker)

 **Gross Motor Activity Videos**

Videos Retrieved from: <https://family.gonoodle.com/>

**Indoor Recess Videos**

[**https://family.gonoodle.com/channels/indoor-recess**](https://family.gonoodle.com/channels/indoor-recess)

**Brainercise Videos**

[**https://family.gonoodle.com/channels/brainercise-with-mr-catman**](https://family.gonoodle.com/channels/brainercise-with-mr-catman)

**Fresh Start Fitness**

[**https://family.gonoodle.com/channels/fresh-start-fitness**](https://family.gonoodle.com/channels/fresh-start-fitness)

**Additional Videos**

**Cosmic Kids Yoga**

[**https://www.cosmickids.com/category/watch/**](https://www.cosmickids.com/category/watch/)