Music & Movement videos are a great way for you child to follow along to movements, learn body awareness, and strengthen their gross motor development in a fun and interactive way!

Other ways you can incorporate gross-motor development at home:

- **Bubbles or ball play** - bubbles add a unique way to build gross motor skill because you can’t predict where they will go. When kids chase bubbles and try to pop them, they have to run, jump, zig-zag, and move in ways that require sudden shifts in balance and weight. Same with a ball.
- **Playground** - if you are able to, and it is safe to do so, going to a park is great for gross-motor as many playground equipment are tailored for balancing and climbing.
- **Obstacle Courses** - for indoor, use furniture, pillows, and blankets to create areas to crawl under and through. Outdoors, you can use things like hula-hoops to jump in and out.
- **Tricycles, scooters, pedal cars** - great practice and stepping stones for riding a bike.