

# 2-3 YEAR OLD

## GROSS MOTOR

### 2 years

- Kick a ball around together
- Can play head, shoulders, knees and toes
- Play hide n seek
- Hide a toy and have them search for it

### 2 years

- Play a modified version of the floor is lava (pillows, blankets, cushions for safety)
- Balloon ball toss- get a balloon and gently tap back and forth

### 2.5 years

- Play chase: try to catch child running around room
- Play "leap" frog: have child jump on cushions/pillows on the floor like a frog

### 3 years

- Dress up with make believe- have them put on clothing such as large jackets/shirts (they don't need to button the clothing)
- At home dance party

### Extras

- Vestibular input- have child jump on bed, trampoline, or even the couch
- Proprioceptive input-Go to park and have them play on swings

