Leaps & Bounds Purposeful Programs Inside, Outside, Upside Down

Materials needed at home:

- Large box or container (that your child can climb into)
- Tongs
- Duplo/legos and a container with a flat bottom
- Cheerios (or other "threadable" food) and pipe cleaner (could substitute a piece of spaghetti)
- 2-3 inch diameter ball and a large box lid (or cut the top off a box to make one) with a hole cut in it that is larger than the ball
- "Spot Markers"- cut 7-8 inch circles or "puddles" out of paper
- Blue painter's tape to make a "balance beam"- can use one 6 foot long line or use two parallel lines about 8 inches apart.

Introductions—Welcome song, today's plan- Farm animals!

Story/Fine Motor

- Songs with movement (gross motor): Hokey Pokey
- Inside, Outside, Upside Down (book)
- In and Out- (all you need is a large box or container)
- **Fine Motor**: Lego Fun (need a pair of tongs and some duplos or legos and a container they fit in.

Gross motor:

• <u>Balance Beam Walk</u> (need blue painters tape to make a "balance beam" - can make one line or two parallel lines about 8 inches apart)

Fine Motor Activity/Coordination Activity:

• You will need a 2-3 inch ball and a large box lid (or cut the top of a box, you need sides but don't want them too high- simply cut a hole somewhere in the lid that is larger than the ball you have.

Gross Motor:

• **Puddle Jumping**_ (you need some "spot markers" - simply cutting out some circles from construction paper or shelf paper works well)

Fine Motor Activity/Snack:

 <u>Cherrio Caterpillars Go In and Out</u> (cheerios or other food you can "thread", pipe cleaner, cup)

Gross motor:

• Red Light, Green Light (no supplies needed at home)

Goodbye song (tune of Baa Baa Black Sheep), review take-home



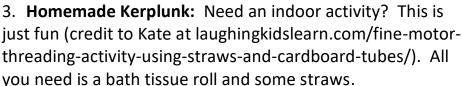
Parent Take Home – Inside, Outside, Upside Down

Spring has definitely sprung and wherever you are, I hope you are able to get outside. The great outdoors is PACKED with opportunities to build both gross and fine motor skills.

1. **Go on a Scavenger Hunt**: Look for acorns, tiny flowers, pinecones. Have your child carry a bucket to collect a few items—Practice squatting and using a pincer grasp as they reach down to pick up a small acorn or pebble (or seashell if you are lucky enough to be near water).



2. **Outdoor balance skills**: step over a log/stick, walk stone to stone, walk along a beam—the possibilities are endless!



4. **Marble obstacle course!** Speaking of fun and reusing/ repurposing items: save up those bath tissue and paper towel rolls to make this super fun project.

