



Hopscotch

Create a simple hopscotch board using chalk, tape, or any materials you have available. Challenge children to toss a rock or beanbag and then move to the square where it lands. Encourage children to try move their body how they choose. For example, hopping on one foot, walking, or skipping across the board.

Help children wait their turn by providing an alternative activity (e.g., chalk, chanting as song/cheer for the jumper, counting along).

Narrate Gross Motor Movement

“You moved your arm carefully with control to throw lightly so the rock stayed on the board!”

“You were quickly jumping, and now you are keeping your body still inside the square.”