

# USING VISUAL CUES TO PROMOTE GROSS MOTOR SKILLS

1 || Keep it simple. Place a single footprint on the floor to encourage balance on one foot.

2 || Use visual cues to show a child where to place their hands and feet to promote core strength and balance with a down dog.

3 || Hopping in a straight line down a road of footprint targets is so much more fun than just doing it on the plain, boring floor!

4 || Need a fun midline crossing challenge? Place a line down the center of the floor. Place footprints along the length of the line on both sides and have kids jump side to side over the line to hit the targets with their feet. Bonus challenge: Add in some hands!

5 || Encourage the use of an alternating pattern on the stairs by placing a footprint where each foot should go on the steps. Kids should be alternating their feet on the stairs between the ages of 27 and 36 months.

6 || Quadruped position (being on all fours) is a great place to play to encourage a ton of child development skills. Use handprints to show a child where to keep her hands to stay in this position.