



Hello NWSRA Families!

Attached are some gross motor activities that **EVERYONE** can do at home! Make sure to get your siblings, parents or anyone you have at home involved!

Reminder: If you do not have any of these supplies at home get creative!

Supplies Substitutes

Typical gym equipment	Items you have at home
Cones	Bottles of water Shoes Pillows
Bean bags	Socks filled with rice Stuffed animals Beanie Babies
Hula hoops	Cut out cardboard Pool floats
Poly spots	Colored sheets of paper Stuffed animals
Parachute	Large sheet or blanket

Always Remember to Stretch before you get Active!
Play Stretch it out Simon on YouTube for great guided
stretching warm up.

<https://www.youtube.com/watch?v=EpdkgVIsNPY>

