

GROSS MOTOR SUMMER FUN!



JUNE 2022



Tue	Wed	Thurs	Fri	Sat	Sun	Mon
	1 GO TO A PLAYGROUND!	2 SIDEWALK CHALK FUN! DRAW AN OBSTACLE COURSE.	3 BOWLING! SEE INSTRUCTIONS BELOW.	4 GO FOR A FAMILY WALK!	5 BUBBLE FUN! USE DIFFERENT BODY PARTS TO POP BUBBLES.	6 ANIMAL WALKS: BEAR, CRAB, SNAKE, BUTTERFLY, ETC.
7 GO SWIMMING OR PLAY IN A SPRINKLER!	8 PLANK CHALLENGE! HOW LONG CAN YOU HOLD A PLANK?	9 YOGA! LEARN 3 YOGA POSES.	10 BALL SKILLS! PLAY CATCH WITH DIFFERENT SIZED BALLS/BALLOONS	11 HAVE A WATER BALLOON BATTLE!	12 GO TO A PLAYGROUND!	13 GO FOR A FAMILY WALK!
14 PLAY RED LIGHT/ GREEN LIGHT!	15 BOWLING! SEE INSTRUCTIONS BELOW.	16 HAVE A DANCE PARTY! TURN ON THE MUSIC AND "SHAKE IT"!	17 BUBBLE FUN! USE DIFFERENT BODY PARTS TO POP BUBBLES.	18 PLANK CHALLENGE! HOW LONG CAN YOU HOLD A PLANK?	19 SIDEWALK CHALK FUN! DRAW AN OBSTACLE COURSE.	20 GO SWIMMING OR PLAY IN A SPRINKLER!
21 GO FOR A FAMILY WALK!	22 ANIMAL WALKS: BEAR, CRAB, SNAKE, BUTTERFLY, ETC.	23 PLANK CHALLENGE! HOW LONG CAN YOU HOLD A PLANK?	24 GO TO A PLAYGROUND!	25 BALL SKILLS! PLAY CATCH WITH DIFFERENT SIZED BALLS/BALLOONS	26 HAVE A WATER BALLOON BATTLE!	27 BOWLING! SEE INSTRUCTIONS BELOW.
28 PLANK CHALLENGE! HOW LONG CAN YOU HOLD A PLANK?	29 BUBBLE FUN! USE DIFFERENT BODY PARTS TO POP BUBBLES.	30 GO SWIMMING OR PLAY IN A SPRINKLER!	Bowling! Find what every you can that is easy to knock down. Water bottles, cups, stuffed animals. Line them up however you want. In a line, scattered. Stay low to the ground and roll away.			