

Gross & Fine Motor Ideas

**Activities to inspire movement &
activate both big and small
muscles.**

Here are some links to keep bodies and minds active, entertained and mindful!

Yoga for Kids

<https://preschoolinspirations.com/kid-yoga-videos/>

Cosmic Kids Yoga

The YouTube channel for children's yoga videos

<https://www.youtube.com/user/CosmicKidsYoga>



GoNoodle: fun videos for Daily Physical Activity (DPA)

Create a free account at: <https://www.gonoodle.com/> (or you can find videos on their YouTube channel

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<https://www.youtube.com/user/GoNoodleGames>

Outdoor Learning Ideas!

See the list of themes on this website (i.e. trees, forest)

<https://www.fantasticfunandlearning.com/themes>



Fine Motor Ideas

<https://www.theotttoolbox.com/parent-toolbo>