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| **Animal Walk**Inside or out, encourage your child to slither like a snake, hop like a frog, gallop like a horse, or walk like a bear on all fours.**Skills developed:** hopping, galloping |
| **Keep the Balloon Up**Outdoor on a calm, windless day, or inside, have your kids use their hands or half of a pool noodle to keep a balloon afloat. How long can they keep the balloon off the ground?**Skills developed:** volleying, striking |
| **Puddle Jumping** Let them jump in, out, and over puddles in the garden.**Skills developed:** jumping |
| **Digging for Treasure**Whether it’s an inside or outside sandtable or sandbox, kids love to dig for treasure. Hide small toys like plastic dinosaurs, small cars, or marbles, and let your child release their inner pirate as they search for booty!**Skills developed:** lifting and lowering objects, object manipulation |
| **Run Away from the Monster**Kids love a game of chase, especially with a parent or other adult they trust. A game of running from a “scary” monster will involve much squealing with delight. This can be done in the garden or a safe space in the house.**Skills developed:** running, dodging, agility |

