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| **Kick Bowling**  Switch up regular bowling inside by having your kids use different sizes of balls to kick down different objects such as empty bottles or rolls of paper towels.  **Skills developed:** kicking |
| **Catch**  Kids learn to catch at different rates but working with them on the skill can begin with throwing them a balloon or a soft object such as a rolled up pair of socks or a light ball will be less intimidating than a heavy or small ball. Start by standing close to your child and as they master the catch, move further away.  **Skills developed:** catching |
| **Obstacle Course**  Indoors or out, let your imagination run wild as you set up an obstacle course for your child. Have them crawl under tables, climb over chairs, jump over ropes, hop from cone to cone, crawl through a cardboard box, jump through a line of hula hoops, throw a family of stuffed animals into a laundry basket, etc. etc.  **Skills developed:** agility, balance, coordination |
| **Bean Bag Balance**  Have your child balance a bean bag or something in the house that is safe to balance on their head and walk from one point to another without dropping it. As they master the walk, move the points further apart or make the course a bit more challenging by adding zig zags or circles, or objects around which they have to maneuver.  **Skills developed:** balancing |

