

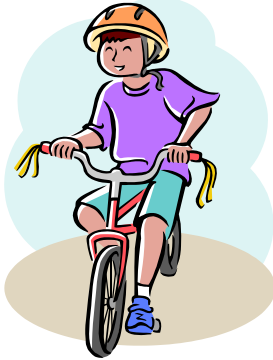
Children's Therapy and Family Resource Centre

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Large Muscle Activities to do Outside

When you are outside with your child whether in the backyard or going for a walk, there are lots of things that you can do to promote strengthening, balance, flexibility and coordination.

Walking on curbs or stepping on crack in the sidewalk: There are good for balance and visual motor coordination.



Bicycling: Whether your child rides a two-wheeler or tricycle, riding when the weather is nice promotes balance and strength. It is a wonderful family activity to do together.

Outside Games: When you have lots of space (the backyard or playground) play games such as "red light, green light", tag, freeze tag, ball games, t-ball, soccer, 3-legged races, potato sac, obstacle courses.



Roller Blading: If your heart can take it!!!



Flying a Kite:

Have fun!!! This is the most important thing to do outside.