



Keep 'Em Moving

Could you use some ideas for getting the wiggles out on a cold, windy day. Try these open-ended movement ideas for some indoor large muscle and fine motor exercise.

Whole Body Movements

Creep

- Crawl
- Scoot
- Walk
- Run
- Skip

Jump

- Hop
- Gallop
- Trot
- Slide
- Skate
- Shuffle

Sway

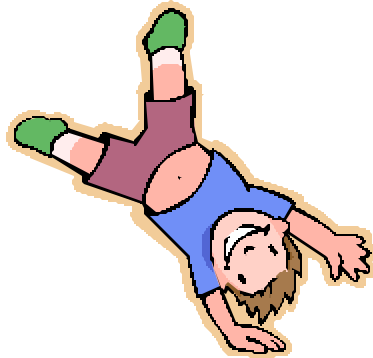
- Wriggle
- Bounce
- Twirl
- Spin
- Rock
- Shake

Turn

- Balance
- Climb
- Roll
- Tiptoe

Hand and Arm Movements

- Clap
- Slap
- Touch
- Push
- Pull
- Reach
- Stretch
- Wave



- Swing
- Shake
- Grab
- Pat
- Pound
- Sweep
- Carry
- Lift

- Punch
- Swim
- Droop
- Throw
- Windmill
- Hold
- Roll
- Flap
- Salute

Leg and Foot Movements

- Cross legs
- Kick
- Tap toes

- Click heels
- Bend knees
- Stamp foot

- Swing leg
- Wriggle toes
- Lift leg

- Stand on foot

Finger Movements

- Walk
- Grasp
- Pinch
- Point
- Scratch
- Squeeze
- Rub
- Pat

- Tickle
- Trace
- Lace
- Wind
- Snap
- Tap
- Cross
- Cut

- Tie
- Pray
- Wave
- Shake
- Tuck
- Creep
- Play (piano)
- Strum

