

PLAY OUTSIDE!

1. Draw/color/write with chalk
2. Collect and sort rocks, leaves, and sticks
3. Use sticks and stones to form letters or shapes
4. Blowing and popping bubbles (works on isolating fingers!) can also pop bubbles with one foot to encourage balance standing on one foot.
5. Go to the park or play in your backyard
 - a. At this time, it is not recommended to play on playground equipment unless it is in your backyard and not touched by other children
 - b. However, riding bikes, walking, running, skipping, jumping, hopping, completing jumping jacks and other non physical contact activities are all excellent activities to complete at the park

