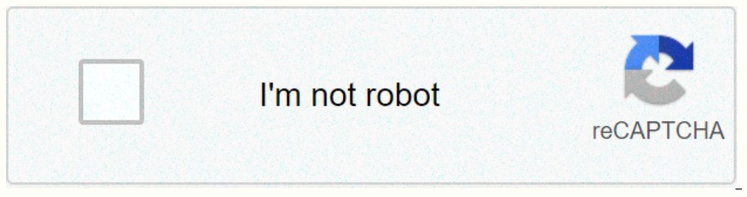

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Color motors jumping

Oh my goodness, toddlers and preschoolers have a lot of energy, and sometimes we just can't get outside. Or we've been outside already and they still have a lot of energy! Yep, that's why I have a list of go-to gross motor activities for indoors. And I'm grateful for that! We recently had a morning where preschoolers arrived with enough energy to run a 5K race. Okay, maybe a half marathon. It's mornings we open the doors to go outside as soon as possible. But because we share this area with 2 other classes, we can't stay out there all morning. (Believe me, on these high-energy days, I'd like to do it if we could.) The first thing we do these days is get started with our collection of favorite active songs. If the wiggles are still there, it's time for some gross motor activities for indoors. Some can be done in our classroom and others need a little more space, so we go to our indoor gym. And believe me, I am grateful for a variety of ways to burn this energy! Follow the line: Grab a roll of paint tape, push your furniture out of the way, and invite your child to push heavy objects. (Small buckets for small hands) simple straw javelin: launch a drinking straw through the air and see how far it can go. (Toddler Approved) Spoon ball: empty these laundry baskets because they will be needed for this fun indoor throwing activity! (Frugal Fun 4 Boys) bean bag stomp and catch: stomp on the board and watch the bean bag fly while you try to catch it! This is a fun DIY project and works hand-eye coordination. (I can teach my child) wheelbarrow going puzzle fun: This is a great activity to work on coordination and arm strength. I love how it involves picking up puzzle pieces along the way! (Touching Wonder) Popcorn Game: One of our favorites involving a parachute. (Teach kindergarten) Noodle Jumping: Here is a super easy activity that encourages motor planning skills, coordination and body awareness. (Pedia Staff) throwing skills game: make your own rings and use the dining chair! (Learning 4 Kids) Coloring and Motion Games: Download the free color action map and invite your child to recognize colors as you move! (Learn, Play, Imagine) animal yoga: Choose a pose that represents an animal and hold the position for as long as you can. (Mother Natured) Arrow Jumping Game: Download the free printable and place arrows around the room for a fun jumping game. (And next comes L) paper plate ring spout: let the kids help you do this fun indoor activity! (A little learning for two) box jumping: all you need is some paint tape. So let the jump begin! (Mama, Papa, Bubba) Walk the Line: Practice balancing while developing eye/foot coordination. (Moving Smart) On a busy street, a Jump bike looks like a red blur. It is eye-catching, a red that is both a color and a message. But to Nick Foley, head of product at the bike-share company, the vibrant color is not only meant to turn heads. It is an important part of change the way that commuters think of bikes as a city transportation tool. Bicycles have been part of the urban transport system for over a century. But as traffic jams in cities worsen, and as concerns rise about air pollution from gas-burning cars, cities have increasingly looked for solutions to reduce reliance on car transportation. A few years ago, bicycle share systems emerged as a possible solution to promote alternative modes of transport in cities. Ideally, we draw people into the Jump system who are not professional cyclists or even regular bike commuters, Foley says. The appeal of what we're trying to do is that we get everyone on an electric bike as a commuting tool. The red paint is part of Foley's design. To get everyone on a bike, you must first attract the attention of commuters who may not have considered a bike otherwise. But the look of the paint doesn't tell the whole story. The airy candy-apple color contradicts the fact that the paint has also undergone several chemical formulations to make it as corrosion resistant as possible. The paint performs artifice of effective design: purposeful but imperceptible to the user. Jump's most pressing challenge, though, starts when the rider comes on. So Foley faces a critical task: How can you build a single bike model that can serve most people, in the most urban environments? JUMP BikesJump operates 4,000 bikes in 13 cities, including San Francisco, New York City and Chicago. They are lock-to dockless, which means that Jump gets permits from the city that allow for bikes to be locked to a fixed position on the sidewalk, like a parking meter or a bench. Cities are not the only stakeholders. In April last year, Jump was bought by Uber. CEO Dara Khosrowshahi has also announced his intention to bring the JUMP system to Berlin, followed by other European cities, later this year. Now, not only jump bikes work well across U.S. cities, but around the world. This is a sponsored post written by me on behalf of Stride Rite for IZEA. All opinions are 100% mine. Jump! Jump! Jump! Jumping is the perfect way to increase gross motor skills and has tons of fun at the same time! Choose a few favorites from the following jumping activities and then get

outside and have a blast with your kids. Jumping Activities for Kids Tape Jumping Game - ask the kids how far they can jump. This surprisingly simple game will actually entertain the kids longer than you think! (hands on: as we grow) Hula Hoop Jump Game - a great activity to center an obstacle course around! Create different variations: jump with two feet, jump through with only one foot, alternate feet, etc! (Coyne's Crazy Fun Kindergarten) Shape Hopscotch - a fun way to learn color and shape recognition while still jumping and working on gross motor skills. It's the perfect to do inside if the weather is not on your side. (Housing a forest) or if the weather is nice try this chalk figures Jumping game from Craftulate. Puddle Jumping Alphabet Activity - another great one when you're stuck indoors. (Mother Inspired Life) Alphabet Jump Game - I love how gross motor skills and learning phonics meet in this game! (Fantasy Tree) Lily Pad Hop - This activity is great because it is open and provides space for a lot of creativity from the kids. Although she pictures played indoors, it would also be tons of funs if you played with it in the backyard. (Toddler Approved) Make your own silly games like filling cups of water to the brim, and jump from one side of the farm to the other and see how much water you have left over. And don't forget the good ole' Jump Rope and Hopscotch too. Any chance you get encourage them to move, play, explore and jump! Let children be children! Make sure your kiddos have durable shoes to wear during activities, and then you're good to go! I'm a big fan of Surprize shoes by Stride Rite, where comfy, cute & durable can be a reality. Comfort - These shoes have a generous fit and all memory foam footbed that ensures great comfort for your kids Fit - The shoes have very flexible soles allowing for an agile, natural step and growth Durability - Rubber toes ensure durability This video explains perfectly why I love them so much: The surprize of Stride Rite is available for the first time only at Target (all US Target locations and online at Target.com). This has made it super convenient when my daughter needs a new couple! Anyone else have a kiddo that grows shoes faster than you can keep up with? My latest trick is to keep my toddler in the cart when I try shoes on her - it has made shoe shopping so much easier. You can thank me later for this tip. I can't get over how adorable the purple shoe is! See more about Surprize's cute and comfy shoes by Stride Rite here: Shop Surprize by Stride Rite | Surprize for girls | Surprize for boys | Instagram | Twitter I would love to know which Surprize shoes would your little lover most? Thanks for stopping by! Be sure to get in touch with The Realistic Mama on Facebook, Pinterest, Instagram, and by subscribing to our free email newsletter! PS Are you looking for extra page income? I do full-time income blogging part-time-check out this easy step-by-step tutorial on how to start a blog (no technical knowledge required). This is the first part of a series of posts that will concentrate on the inherent benefits of play for children with special needs. In this post, we focus on how toys and experience with play help with physical development and growth in gross motor skills. Games: An important role in physical development For the average person the concept of play is considered useful to help a child to grow, learn, develop and thrive. What many do not know is that play extremely useful when it comes to physical, emotional and and Development. Why is physical development important? With all ages and stage kids learn and master new motor skills. Gross motor skills involve great muscle planning and coordination like walking, running and jumping. These skills are used every day to live, play and they give children the skills they need to explore and interact with the world around them. Gross Motor Skill Development Exploration of environment such as playing in a playground is a way for children to promote their gross motor skills and improve their overall physical development. When a child navigates a playground, they actually work on many gross motor skills without knowing it. They use coordination and large muscles to climb the ladder and then slide down onto the slide. Agility and balance are used to cross the balance beam. Toys and play products also promote physical development by triggering and repeating play response. Here are 6 toys and play products that can help with gross motor skill development: 1. Color Count Mini Trampoline An indoor trampoline that includes colors and numbers on the jumping surface to incorporate cognitive skills into physical play. Trampolining promotes balance and coordination, spatial awareness and helps increase proprioception (body input and awareness). Price: £95 Me Too Playtent and See Me Play Tunnel Tunnels and tents promote four-point review, bilateral coordination and allow children to practice weight shift and balance. These are great products for active gross engine play indoors! Price: $40-$44 3. Little Tikes Cozy Truck Little Tikes Truck is a sturdy plastic ride-on truck that requires engine planning, reciprocal leg movements and balance and weight changes to get in and out of the truck. A plus to this truck is that it includes a removable floorboard and a handle for parents to push children if they need help or a break from using their legs! Price: $86.99. National Sporting Goods YBike This bike has no pedals! This bike can be used as a segue for riding a traditional bike and aids in the child's balance response through weight shifting, bilateral coordination both mutually and jointly, and their coordination skills. Price: $79.99. American Educational Products (AEP) Tactile Discs Taktile Discs is a set of 5 small and 5 large discs with different textures for sensory exploration for both hands and feet. Children can use the tactile discs to work on their posture, promoting balance and coordination. These disks also promote core strength, weight shift and bearing, while the child adjusts to stand on a disk or on two disks, with one or both feet. Price: $74.50. ThinkFun Roll &; Play is a great tool for toddlers. Young children can work on their colors and matching skills while promoting two hand grip, balance and bilateral coordination. The game contains 6 map categories that require movement as Wave bye-bye! Among Price: £199.99 199.99 Meaning Play Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive and emotional strength, as stated in the American Academy of Pediatricians report, the importance of Play in promoting healthy children's development and maintaining strong Parent-Child Bonds. Children have the opportunity to play in their backyard, local playground, park or just inside their kitchen cabinets. Each child develops his or her gross motor at different ages and stages, but promoting play can help the child to grow, learn, develop and thrive while mastering milestones in physical development. Development.

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