

imagine if

# Toys for Purposeful Movement

## A fun list of toys to optimise learning and rest the brain playfully:



**Stretchy Bands**

Tie the stretchy bands together at the ends to make a circle and stretch band over your child's head to the left, then switch over to the right.



**Balance Board**

Work on balance skills first. When mastered, throw a ball back and forth with a partner while on the balance board.



**Bean Bags**

Toss a bean bag in the air while visually tracking the bean bag as it goes up and down, landing back in the hands. Good for visual tracking.



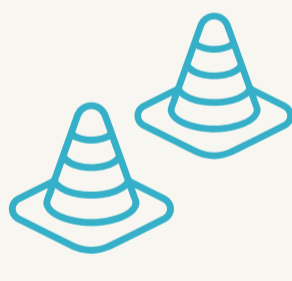
**Balls**

Throw a ball at the wall and catch it as it bounces back from the wall. Experiment with larger and smaller balls to improve reaction time.



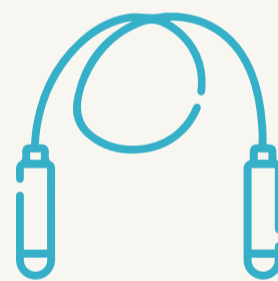
**Scarves**

Give your child a dance scarf. Each throws their scarf in the air at the same time, but while it falls, catch your partner's scarf instead of your scarf. Repeat.



**Cones**

Using small cones, place one on the right foot while balancing on the left. Switch foot to improve balance.



**Jump Rope**

Lay the jump rope on the floor until your child master's a two foot jump over the rope. Work up to jumping over the rope while swinging the rope.



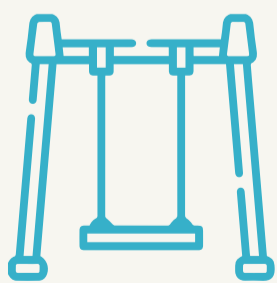
**Scooter Boards**

Get your child lay on their stomach and push or pull their legs while on the scooter board.



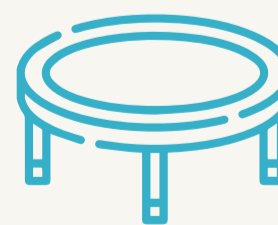
**Sensory Steppers**

Practise balance and coordination while walking on sensory steps.



**Swings**

Ride swings at the park, sensory swings, or swing your child in a blanket.



**Mini Trampoline**

Scissor steps on mini trampoline using both legs and arms.



**Balloons**

Play a game of 'hot potato' and don't let the balloon touch the ground.