

Gross Motor Skills

Gross motor skills are the **abilities** required in order to control the large muscles of the body for walking, running, sitting, crawling, and other activities.

[Click on the blue links below to access the resources.](#)



The Measured Mom

<https://www.themeasuredmom.com/indoor-gross-motor-activities/>

Very Well Family

<https://www.verywellfamily.com/gross-motor-skills-for-preschoolers-1257160>

Hands On As We Grow

<https://handsonaswegrow.com/gross-motor-activities-preschoolers/>

Understood

<https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/movement-coordination-issues/8-gross-motor-skills-activities-for-kids>

OT Mom Learning

<https://www.ot-mom-learning-activities.com/gross-motor-activities.html>

Videos:

<https://www.youtube.com/watch?v=KG3AO6IJ4BQ>

<https://www.youtube.com/watch?v=76mgTjInf-Y>

<https://www.youtube.com/watch?v=t -AUD0DT30>

