MOVEMENT BINGO

Let's get toddlers moving through playful games!
**BINGO FOR GROSS MOVEMENT**

**TODDLERS ARE CONSTANTLY MOVING**, which is developmentally appropriate and helps them learn about their environment. These activities will develop gross motor skills.

<table>
<thead>
<tr>
<th>LARGE BALL TOSS</th>
<th>WALK A LINE</th>
<th>JUMPING JACKS TO A SONG</th>
<th>CRAWL LAPS AROUND ROOM</th>
<th>PUSH &amp; PULL TOYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>DANCE PARTY!</td>
<td>TOSS/CAT CH SCARVES</td>
<td>JUMP OVER A LINE</td>
<td>HIDE &amp; SEEK</td>
<td>BALLOON BOUNCE</td>
</tr>
<tr>
<td>BUILD A PILLOW FORT</td>
<td>RED LIGHT GREEN LIGHT</td>
<td>CRAWL UNDER CHAIR</td>
<td></td>
<td>THROW A BEAN BAG</td>
</tr>
<tr>
<td>ROLL AROUND ON THE FLOOR</td>
<td>SPIN IN CIRCLES</td>
<td>LILY-PAD JUMP</td>
<td>MARCH TO A SONG</td>
<td>WALK LIKE AN ANIMAL</td>
</tr>
<tr>
<td>JUMPING JACKS</td>
<td>HOP ON ONE FOOT</td>
<td>WALK BACKWARD</td>
<td>&quot;SWIM&quot; ON LAND</td>
<td>CHASE BUBBLES</td>
</tr>
</tbody>
</table>

**REMEMBER THE FAVORITES** What activities were the kids favorites?

What went great... Next time I would...
# BINGO FOR FINE MOVEMENT

Fine movement play helps your child develop hand-eye coordination and small muscle control. This will help them with tracking tasks (like reading).

<table>
<thead>
<tr>
<th>PEEL STICKERS</th>
<th>UNTIE A KNOT</th>
<th>STRING CHEERIOS</th>
<th>CUT PAPER</th>
<th>SORT COINS</th>
</tr>
</thead>
<tbody>
<tr>
<td>COLOR INSIDE THE LINES</td>
<td>STACK ITEMS (LIKE LIDS)</td>
<td>TIE YOUR SHOES</td>
<td>POUR WATER CUP TO CUP</td>
<td>BALANCE AN ITEM ON A SPOON</td>
</tr>
<tr>
<td>BUILD WITH LEGOS</td>
<td>ARMY CRAWL ACROSS A ROOM</td>
<td>CLIP WITH CLOTHES PINS</td>
<td>CUT AND THREAD STRAWS</td>
<td></td>
</tr>
<tr>
<td>WORK ON A PUZZLE</td>
<td>BUTTON UP PRETEND CLOTHES</td>
<td>BRUSH &amp; STYLE DOLLS HAIR</td>
<td>PAINT YOUR NAILS</td>
<td>UNLOCK A LOCK WITH A KEY</td>
</tr>
<tr>
<td>USE TWEEZERS</td>
<td>THREAD RIBBON IN A STRAINER</td>
<td>USE CHOP STICKS</td>
<td>HAMMER ITEMS</td>
<td>MAKE A PAPER CHAIN</td>
</tr>
</tbody>
</table>

**REMEMBER THE FAVORITES** What activities were the kids favorites?

What went great...  
Next time I would...
PLAN AN HOUR OF STRUCTURED MOVEMENT. Start with 5 minutes of transition. Then 2 gross movement activities - followed by 30 minutes of fine movement.