

Farm Animal Movement Cube

Gross motor activities are a great way for children to release some energy, while simultaneously working on skills like balance, bilateral coordination, and body awareness!

What you'll need:

- Printed cube template (provided below)
- Tape or glue
- Scissors
- A number dice (optional)

Directions:

1. Print out the gross motor cube template
2. Cut along the provided lines
3. Make a crease on each line
4. Use tape or glue to connect the flaps, creating a cube
5. Roll the cube to determine which exercise to perform
6. Utilize a second cube, with numbers on it, for the number of seconds or reps to perform each exercise (if a second cube is not available, verbally pick a number or use a standard of 20 seconds for each)



Ways to increase difficulty:

- Have the child verbal identify a descriptor of each animal or something they do on the farm, in addition to performing the movement, to work on dual attending (i.e. The cow is white and black)
- Call out exercises for the child to continuously do back to back rather than rolling, increasing the speed in between each exercise as the activity progresses

Ways to decrease difficulty:

- Model the exercise for the child rather than allowing them to perform based off of photo
- Modify exercises as needed (i.e. "Roll like a pig"- Twirl while standing)

Cube template found at: <https://www.firstpalette.com/pdf/cube.pdf>

Animal movements found at:

<https://www.letsplaylearngrow.com/2016/06/farm-animal-gross-motor-movement-sound.html>

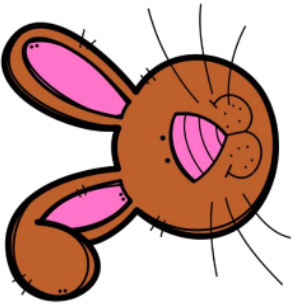
CUBE



Gallop like a horse



Stomp like a cow



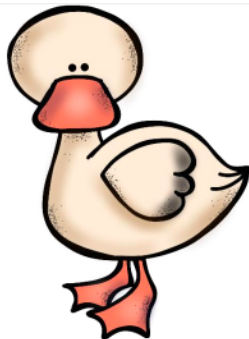
Hop like a bunny



Roll like a pig



Run like a dog



Glide like a goose