



VERMONT EARLY MOBILITY TIP SHEETS

INDOOR PLAY

BIG MOVEMENT IDEAS

TEXTURED FLOOR OR WALL

- Lay down or hang different textures that children can explore with their skin and their movement (walking, rolling, or in a mobility device). Examples include carpet, tile, bumpy objects (glued small logs for semi-circle shape; can glue length wise or short and fat), halved noodles, triangle shapes, inclines/declines.
- Consider the sensory desires of your classroom and create! Think about the sounds textures can make (for example bubble wrap or crinkly foil).

INDOOR MUSIC WALL

- An indoor music wall has toy instruments attached at various heights on a half-wall. Special educator Robbin Keating has an excellent tutorial on [building your own indoor music wall](#).
- To increase their reach, students could use pool noodles or dowels with spoons or drums sticks attached to reach the musical options.

TEAMWORK TASKS

- Moving an object or objects from one space to another can be the basis for fun. For example, have balloons on one side of the room, and a basket on the other. Have some students work together to get all the balloons to teammates, who then bat the balloons into the basket.

Consider using multiple steps so that children with differing motor abilities are all included.

BIG MOVEMENT ART

- Mystery painting on the floor: place dots of paint in between two sheets of large kraft paper or other non-slip material, and have students move over the plastic (walk, roll, wheel). Take photos of the surprise artwork!
- Or, put paper down after an outdoor adventure on a rainy day – you'll get some beautiful natural artwork!
- Check out this [guide to no-mess fingerpainting](#), by AppleGreenCottage.com.

OBSTACLE COURSE

- Taking your individual student into account, you can set up an obstacle course! Consider a physical obstacle course, a course to find things visually or auditorily, or a course that explores concepts (example, find things you can move under, around, over, etc.)

SIMON SAYS

- Can include small body movements in one place, or bigger movements, depending on the classroom's ability to follow one step directions!

CLASSROOM SCAVENGER HUNT

- Considering your current group of children, have a list of objects to find in the classroom – perhaps another teamwork opportunity!

BUBBLES

- Can manually blow bubbles, or have a bubble machine!

DANCE PARTY!

SMALLER MOVEMENT IDEAS

Ensure there are tabletops that accommodate multiple students together. You could also consider individual trays for all students, like lap trays. Please note: we consider trays to be an extension of personal space, so be thoughtful on how you introduce tray play with group play.

TABLETOP PLAY ACTIVITIES

- Puzzles
- Board games
- Arts n' crafts
- Card games
- Marble play
- Tabletop music
- Light play

More than one option, with students able to choose and change, will help grow independence.