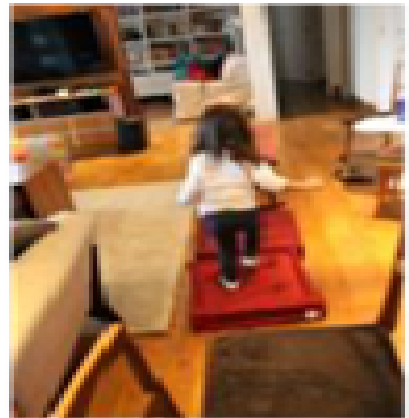
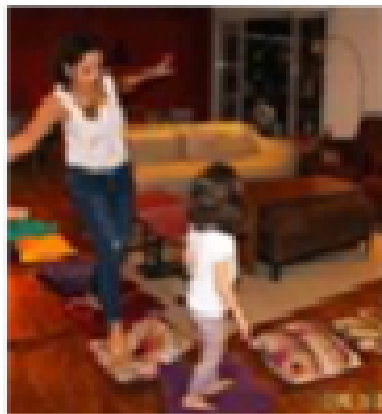
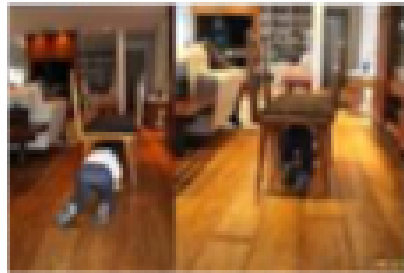




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|---------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>ACTIVITY NAME</b>                        | <b>Activity - walking on a path</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>AGE</b>                                  | All ages                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>DURATION</b>                             | 60 minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>INSTRUCTIONS FOR THE ACTIVITY</b>        | <p>In the living room or bedroom, set up a route with cushions, chairs, for example, crawl under the chair, walk over the chair without touching it, jump with feet together on the cushion.</p> <p>At the end there should be a toy which the child must pick up and bring back to the adult.</p> <p>1º - Explore the path</p> <p>2º - Follow the path in a pre-defined order / sequence (for the older ones)</p> <p>3º Cross the bridge of cushions (different sizes and textures)</p> <p>4º Other options, follow the footsteps or the line!</p> |
| <b>MATERIALS, IMAGES AND RELEVANT LINKS</b> | <p>With paper, tape, chalk, other materials at home or the shapes on the floor! Straight lines, curves and zigzags!</p> <p>Footprints for jumping, walking in all directions, feet together, feet apart!</p> <p>You can make the mould with your child's foot on paper.</p> <p>Choose the activity that best suits your child and your family. Use your imagination! Everything is valid, as long as you have fun!</p>                                                                                                                              |



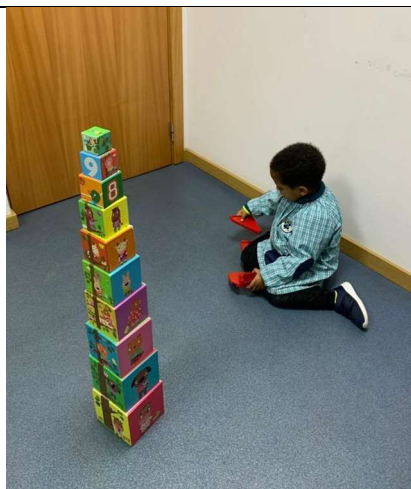


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| <b>ACTIVITY NAME</b>                        | <b>Activity - Build a tower of 5-6 cubes</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>AGE</b>                                  | 2-3 years                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>DURATION</b>                             | 45 minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>INSTRUCTIONS FOR THE ACTIVITY</b>        | <p>1. Place six cubes (milk packages) in front of the child. Ask him to build a tower.</p> <p>a) Congratulate him on each cube he puts into the tower;</p> <p>b) If they stop at the third one, lift another cube and ask them to place it in the tower. Guide her hand if necessary. Congratulate him on his success;</p> <p>c) Gradually remove the help (verbal cues and physical help).</p> <p>2. Let the child take the tower apart, as a reward.</p> <p>3. Take the child to practice stacking, using other materials such as sponges, cans, plastic boxes or books.</p> <p>4. For older ones make a model and ask the child to copy. Ex: a bridge, a castle...</p> |
| <b>MATERIALS, IMAGES AND RELEVANT LINKS</b> | <p>six cubes (milk packages)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |





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| <b>ACTIVITY NAME</b>                        | <b>Activity - Throw a ball at an adult who is standing 1,5 metres away</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>AGE</b>                                  | 2-3 years                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>DURATION</b>                             | 50 minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>INSTRUCTIONS FOR THE ACTIVITY</b>        | <ol style="list-style-type: none"> <li>1. Start by sitting in front of the child throwing the ball to them, then encourage them to return it. Applaud and reinforce.</li> <li>2. Play a game with a large basket and bean bag or ball, trying to throw the ball or bag into the basket.</li> <li>3. Sit approximately 0.5 metres away from the child. Throw or roll the ball to her or place it in her hands. Tell her to throw the ball to you. Stay close to her, making sure your hands are close to her hands to make it easier for her to catch it. Applaud her for her behaviour. Repeat this many times and gradually increase the distance.</li> <li>4. Sit behind the child, take the child in each arm while holding the ball and guide his throw of the ball. Praise and reward the child. Gradually withdraw help as the child learns the technique.</li> <li>5. Increase the difficulty for older children.</li> </ol> |
| <b>MATERIALS, IMAGES AND RELEVANT LINKS</b> | large basket and bean bag or ball                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |





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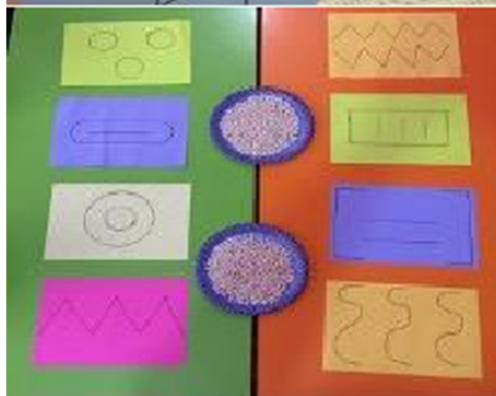
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|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>ACTIVITY NAME</b>                        | <b>Activity - Carry the ball</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>AGE</b>                                  | All ages                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>DURATION</b>                             | 50 minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>INSTRUCTIONS FOR THE ACTIVITY</b>        | <p>Use two bowls or buckets and fill one of them with balls or other small objects. Then, using only your feet, try to carry them from one to the other.</p> <p>For older children: You can fill the first bucket with water to increase the difficulty of the task. You can also place the two buckets far apart and transport the balls with the help of a spoon. You can use very small objects, such as marbles, pom-poms or rubber bands and do the water challenge with the help of two sticks.</p> <p>Objectives: improving agility, global motor skills, balance and coordination.</p> |
| <b>MATERIALS, IMAGES AND RELEVANT LINKS</b> | <p>2 buckets, balls or other small objects</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                             |





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|---------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>ACTIVITY NAME</b>                        | <b>Activity - Fine motor skills</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>AGE</b>                                  | All ages                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>DURATION</b>                             | 50 minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>INSTRUCTIONS FOR THE ACTIVITY</b>        | <p>1 - On a sheet of paper, draw some outlines or different shapes.</p> <p>2 - Give the child some material to place on top of the shapes, beans, grains, buttons, pieces of paper, plasticine... the material can be used for several days, or if they are pieces of paper they can also glue them. Make different shapes each time you do the activity.</p> <p>3 - For the younger ones, use a (empty) jug of water and ping pong balls or pom-poms. The child has to take the balls from a basket and put them in the jug.</p> |
| <b>MATERIALS, IMAGES AND RELEVANT LINKS</b> | <p>2 buckets, balls or other small objects</p>                                                                                                                                                                                                                                                                                                                                                                                                |





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