

Play Twister game or Simon Says.

Play pretend and guessing games (e.g., imitate a bird, butterfly, or horse).

Have tricycle or wheelchair races in safe area.

Play kickball or throw ball with a soft foam ball in a safe area.

Position bed so that child must turn to view television or doorway.

Climb wall with fingers like a “spider.”

Pretend to teach aerobic dancing or exercises; encourage parents to participate.

Encourage swimming if feasible.

Play video games or pinball (fine motor movement).

Play hide and seek: hide toy somewhere in bed (or room if ambulatory) and have child find it using specified hand or foot.

Provide clay to mold with fingers.

Paint or draw on large sheets of paper placed on floor or wall.

Encourage combing own hair; play “beauty shop” with “customer” in different positions.

Soaks

Play with small toys or objects (cups, syringes, soap dishes) in water.

Wash dolls or toys.

Pick up marbles or pennies* from bottom of bath container.

Make designs with coins on bottom of container.

Pretend a boat is a submarine by keeping it immersed.