

Flashing spiky ball
Clear container

Simply put the ball in the box and shake! Try it in the dark as well.



Gross motor boredom buster idea for toddlers using a glow ball - teaches kids about cause and effect from And Next Comes L



Gross motor boredom buster: playing with a glow ball in a box from And Next Comes L

HEAVY WORK PUSH & PULL GAME

- One of the fun ways to do this activity is to have one of the siblings sit in the bucket and have the other one push and/or pull the bucket around the room. You could also use tape to mark spots on the floor to drag the bucket to and from. It's a great proprioceptive heavy work challenge for kids! Alternatively, you could just fill the bucket with pillows and try pushing and pulling that around the room.





Glow stick drumming



Indoor
activities with
an exercise
ball

