

# PHYSICAL THERAPY RESOURCES

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## **GROSS MOTOR ACTIVITIES/RESOURCES TO COMPLETE AT HOME:**

<https://www.teacherspayteachers.com/Product/Brain-Break-Activity-Roll-a-Gross-Motor-Movement-Distance-Learning-2852308>

<https://www.730sagestreet.com/spell-your-name-workout/>

<https://hes-extraordinary.com/improve-emotional-regulation-just-7-minutes-per-day>

## **YOUTUBE GROSS MOTOR VIDEOS:**

[https://www.youtube.com/watch?v=NwT5oX\\_mqS0](https://www.youtube.com/watch?v=NwT5oX_mqS0)

<https://www.youtube.com/watch?v=2UcZWXvgMZE>

<https://www.youtube.com/watch?v=cSPmGPlyyKU>

<https://www.youtube.com/watch?v=5XCQfYsFa3Q>