



Fancy Foot Activities!

- + While seated, slide papers across the floor with your feet. First to the left and then to the right.
- + Pick up marbles or fuzz balls. Place them on a towel and pick them up with your toes.
- + Place a marker between your toes so you can draw on a paper placed on the floor or wall.
- + Foot Painting is fun. All you need is paper, water in a bucket and paint in a tin or bucket.
- + Sorting is also fun, you can sort papers, fuzz balls, and silverware. You choose.
- + Hop, skip, jump, shake a leg and anything else that you add to your sidewalk obstacle course. (If you don't have one, just grab an eBook)
- + Clapping with your feet until the song is finished is a wonderful foot and leg workout.
- + Pedicures can also get your hands involved.