

15. Pillow fights
16. Playing in a sandbox with damp heavy sand
17. Have the child "help" by pushing chairs to a table after a meal
18. After a bath, you can squeeze your child and rub him/her briskly with a towel. Some children enjoy having their torso snugly wrapped with the towel to pretend they are a "hot dog in a bun".
19. Use heavy quilts at night and tight flannel pajamas
20. Swimming
21. Dancing
22. Activities such as gymnastics, wrestling, horseback riding, and karate
23. Bathe the dog
24. Help mom and dad wash the car
25. Fill up a child's suitcase with heavy items (like books) and push/pull the suitcase across the room.
26. Act out animal movements for example, if you're reading about elephants have your child pretend he/she is an elephant by tucking an ear to a shoulder and making the arm the trunk. Pretend to be a bear and bear walk (on hands and feet) around the room. Do the same with a crab walk. Get creative and have fun.