



# PHYSIO-APPROVED HOLIDAY GIFT GUIDE

## Prechoolers (3-5 years)

Gift ideas for kids of ALL ages and abilities, approved by our therapists across Kids Physio locations! Click on the gift titles for more info.



[Balance Board](#)

Balance boards are suitable for all ages, but this rocker board style is well-loved by our preschoolers! Balance boards can add a fun challenge when children are developing balance. They can also be turned upside down and used as "bridges" in home obstacle courses or as tunnels for cars.

Target games are a great way for kids to develop their throwing skills - they can work on their aim, accuracy, and speed when throwing, all while having fun! Target games come in all shapes and sizes, but we love ones that stick and have different point values.



[Target Board](#)



[Sneaky, Snacky Squirrel Game](#)

Board games like the Sneaky, Snacky Squirrel Game can support the development of fine motor skills, such as grasping, grip strength, and hand-eye coordination. Even better if they can use it while in a squat, kneeling, or tummy position to add some full-body strengthening while playing!

Sensory tiles are super versatile and fun! Place them on the floor to encourage stomping, skipping, hopping, or jumping on their own or as part of an obstacle course. At Kids Physio, the orange one is "lava," the green one is "a swamp," and the purple one is "unicorn slime" - have your kiddo use their imagination to make it more FUN!



[Sensory Tiles](#)



[Sensory Balls](#)

Sensory balls are a fantastic choice for helping to encourage catching, bouncing, throwing, and kicking! We love to use them around the clinics because they are brightly colored and softly textured, making them appealing to young kids and safe for play.