

## Gross Motor Outdoor Fun

Summer is a great time to provide your child's body with plenty of sensory input. There are many fun ways to increase body strength and coordination. Have your child try some of these activities:

- ☺ Swim or run under a water sprinkler.
- ☺ Jump rope, jump on a trampoline, jump off a diving board, play hopscotch.
- ☺ Run - play tag, play dodge ball, hide & seek, organize races.
- ☺ Ride swings, see saws, sliding boards, bikes, skates, scooter boards
- ☺ Gardening - dig with shovels, hoes or use a rake, push a wheel barrow, pull weeds, water the grass.
- ☺ Climb jungle gyms, monkey bars, flag poles.
- ☺ Make forts, mud pies, sand castles
- ☺ Pull wagons, play tug-of-war, walk your dog
- ☺ Do jumping jacks, spinning, cartwheels, sit-ups, push-ups.
- ☺ Fly a kite, blow bubbles, catch a ball, dance in the sun!

**Have fun! Be Creative!**

## To improve bilateral arm and hand use

- ✎ rolling pin and clay
- ✎ pop beads, barrels
- ✎ finger paint with both hands
- ✎ catching a ball with both hands, or pushing and bouncing it
- ✎ musical instruments, cymbals, drums, cans filled with beans, piano
- ✎ cutting with scissors
- ✎ clapping to music
- ✎ tear pages into pieces
- ✎ wind up toys
- ✎ opening lids on jars or containers
- ✎ lacing cards
- ✎ sharpen pencils
- ✎ wring out sponges
- ✎ do buttons, zippers and snaps
- ✎ tie shoes
- ✎ string beads
- ✎ hammer nails

Use those arms together!!

## To improve visual perception

- ☺ do puzzles
- ☺ make flash cards of ABC's in block letters, shapes or numbers then paint with colored glue and flash away
- ☺ make letters or shapes with pipe cleaners, glue them on cards and use as flash cards
- ☺ make letters out of clay, then trace with a finger stating what it is
- ☺ create a bag full of plastic numbers or objects, reach inside, feel and identify the object without looking at it. Make a game of it.
- ☺ identify objects in your home. Explain the details.
- ☺ flash a picture or object and try to recall the details 30 seconds later

## To improve visual motor

- ✍ Trace lines on shapes with a finger
- ✍ Use tracing paper over pictures and trace outlines
- ✍ Do mazes, dot to dot, puzzles, color forms
- ✍ Color in pictures - highlight the boundary lines
- ✍ Draw vertical lines on a paper pulling strokes down between highlighted lines on a paper
- ✍ Change writing surfaces, use sidewalk chalk, easels, painting on tables or wood, sand, play dough
- ✍ Change writing tools, use pens, markers, crayons, finger paints, chalk, paint with a brush, vibratory squiggle pens, shaving cream, old make-up
- ✍ Use stencils, color by number books, pick-up sticks, tinker toys
- ✍ Change writing positions - try standing, kneeling, lying on stomach or side
- ✍ Play perfection, battle ship, connect four

# Inside Fun

## To increase pinch / grip strength and arm strength

- ④ wrinkle or fold paper
- ④ squeeze clay, cookie dough, colored glue containers, tweezers, clothes pins, sponges, squirt guns, foam balls
- ④ cut coupons, play dough, thick paper or cloth, card board or boxes
- ④ play with legos, tinker toys, pot holder boards, pick-up sticks, stamp and stamp pads, light brite, erector sets, wind up toys, models
- ④ use screwdrivers, hammers, pliers, large paint brushes, sandpaper
- ④ help mom - vacuum floors, sweep with brooms, mop, use scrub brush
- ④ put away groceries
- ④ turn door knobs
- ④ do push-ups
- ④ write on a large chalk board above eye level with a 1 inch piece of chalk
- ④ lay on your stomach with your body propped up on your arms when watching TV or doing tasks