

GROSS MOTOR ACTIVITIES

Gross motor development is the awareness of large muscle activity such as the muscles in the arms and legs.

HAVE YOUR CHILD:

Walk, run, march, dance, hop, gallop and skip if possible to the rhythms of a piano or drum.

Creep with opposite hand and knee striking the floor at the same time.

Roll at different speeds.

Walk up and down stairs using alternate feet.

Walk on tip toes and walk backwards.

Stand with hands at sides. On command have your child jump and spread his feet apart while he claps his hands above his head.

Try body stunts such as a rabbit hop, duck walk, tumbling, pushups, rolling a hoop, playing on a jungle gym.

Walk a line four inches wide, eight to twelve feet in length, in a heel-to-toe manner.

Roll, toss, bounce, catch a ball. Start with a 7" playground ball and change to a smaller ball gradually because they are hard to track in the air.

Move through space to stimulate balance. Use swings, rocking chairs, seesaws, spinning, tricycle riding and walking and turning in various directional commands.

FINE MOTOR ACTIVITIES

Fine motor development is the awareness of the small muscles of the body.

HAVE YOUR CHILD:

Use clay, or playdough, color, weave, fold, cut, lace, tie, etc.

Fit objects together such as nesting cubes, simple jigsaw puzzles and cut-out stencils.

Demonstrate shapes with hand and arm, beginning with a circle, the square, etc.; in the air, on the board, on paper, on a line. (Hold the child's hand and help him carry through on the movement.)

String beads in a reproduction of a pattern. String macaroni, sew with yarn, burlap or felt.

Use toys such as marbles, peg boards, Tinker Toys, Lincoln Logs, blocks, Legos, and Pick-Up Sticks.

Practice snapping, buttoning, lacing, bow-tying and zipping.

Color within heavy dark lines, outline shapes in picture ads while progressing to coloring books.

Practice with scissor cutting.

Trace and outline.

Practice turning book pages one at a time.

Finger paint.