

ARTS AND CRAFTS



Draw pictures, letters, and numbers with sidewalk chalk.

Finger Paint

Take time to color pictures with crayons. Encourage staying in the lines and using a variety of coloring strokes.

Make cards and pictures using a variety of materials: paper, scissors, glue, pipe cleaners, hole punch, etc...

COMMUNITY ACTIVITIES

Walk or ride bikes as a family to the local recreation center or library.

Explore a nearby playground:

- Play on the swings
- Play on the merry-go-round
- Play on the jungle gym
- Play on the slide



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Fun Activities

To Improve Motor Skills at
Home



SUPPORTING STUDENTS

IN THE KITCHEN

Make cookies – let your child help with the pouring, scooping, stirring and rolling.

Fill a cookie sheet with rice, sugar, corn meal, shaving cream or salt. Have your child use their finger to practice writing letters. If they are just learning to write, practice directional lines: | - / \ and O. You can also do this with pudding or whipped cream for a fun activity that you can also eat.☺

Use a variety of kitchen tongs or tweezers to pick up small toys, beads, or food items.

Use a meat baster or straws to blow cotton balls across the floor. Race each other.

JUST FOR FUN!

Use flashlights to “write” letters on the wall or play flashlight chase.

Play with Putty, Clay or Play-Doh:

- Make it into Letters or Numbers
- Roll it out
- Flatten it out
- Pinch it
- Squeeze it
- Roll it into balls – big and small
- Use a rolling pin
- Use cookie cutters

DANCE! DANCE! DANCE!

IN THE YARD OR PARK

Pretend to be animals. Make the noises and walk like them or play animal chase:

- Bear
- Rabbit or Bunny
- Seal
- Dog
- Crab
- Penguin
- Flamingo (stand on one foot)
- Horse

Play outdoor games that encourage use of ball skills:

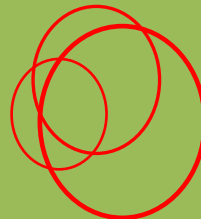
- Dribble and shoot basketballs
- Play catch, soccer, kickball, volleyball, etc...

Be flexible with the type of ball used. Try a beach ball, balloon, Nerf ball, etc...

Go on a bug hunt or nature hike.

Play games as a family:

- “Follow the Leader”
- “Red Light Green Light”
- “Duck Duck Goose”
- “Simon Says”
- “Freeze Tag”



IN THE GARDEN

Prepare the soil for the planting. Turn the soil with garden tools.

Use garden tools to plant flowers or vegetables. Encourage use of both hands to fill in the dirt.

Use a watering can to water your plants and flowers.

DON'T BE AFRAID TO GET DIRTY!

FAMILY GAME NIGHT

Play games such as:

- Monkeys in a Barrel
- Pick Up Sticks
- Ants in the Pants
- Lincoln Logs
- Connect Four
- Operation
- Battle Ship
- Twister
- Chutes and Ladders

Play card games such as, Go Fish, Crazy 8s, UNO or Old Maid.

Put together a puzzle as a family.