Fun Summer Motor Activities!

Here are some fun summer activities you can do with your child to help develop their motor skills.

● Play eye-hand coordination games such as Monkeys in a Barrel, Pick Up Sticks, Ants in the Pants, Jacks, and Marbles.

● Play outdoor games that encourage use of ball skills - dribble and shoot basketballs, play catch, play soccer (encourage kicking the ball with both legs), kickball, volleyball, etc.

● Place cornmeal, sand, shaving cream or birdseed on a cookie sheet. Practice writing letters. Encourage starting letters at the top and counterclockwise circular strokes. You can also do this with pudding or whipped cream for a fun activity that you can also eat.

● Make letters using Play Dough, clay, or even bread dough.

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

● Finger Paint

● Draw pictures and letters with sidewalk chalk.

● Explore a nearby playground - play on the swings, merry-go-round, jungle gym, slide, sandbox, etc.

● Imitate animal walks - bear crawl, seal crawl, duck walk, crab walk, stand on one foot like a flamingo, bunny hop, horse gallop, etc.

● Draw on the tub wall with shaving cream or foam soap.

● Use a variety of kitchen tongs and tweezers to pick up small toys or beads.

● Draw letters or numbers in the air or on a wall using a flashlight.

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

● Draw simple pictures of your trips, activities and summer adventures.

● Play some old favorites: Hopscotch, Kick the Can, Jump Rope, Tag, etc.