



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, sand box, 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...
- Enjoy the outdoors! Go swimming. Fly a Kite. Go on Bug Hunts. Plant flowers/seeds.