



**Activities to help your child at home.**

The activities that follow are examples of experiences which you can encourage or guide your child into within your normal home environment. Not only should you provide equipment and/or materials for purposeful movement activities to take place, but, as often as possible, **you should participate with your child.** The activities have been listed under the basic motor abilities that they help the child to refine.

**Balance activities**

- riding bicycles
- roller skating or skateboarding
- walking on balance boards or beams
- forward rolls on the carpet
- jumping on trampolines
- climbing stairs and ladders

**Eye-Hand activities**

- ball bouncing and catching
- rope jumping
- keeping balloons in the air
- playing marbles or jacks
- playing with hoops or frisbees
- coloring, painting, drawing
- cutting with scissors
- puzzles, jewellery making
- playing with sand, clay or dough

**Eye-Foot activities**

- jumping rope
- kicking balls
- walking on thin lines
- jumping and hopping in and around obstacles
- hopscotch
- stepping over objects of different heights
- stepping on specific areas/ foot marks

**Body and space activities**

- identifying body parts
- drawing pictures of people
- moving different body parts in different ways (rub tummy, pat head)
- simple obstacle courses
- swinging, climbing on playground equipment

**Locomotor activities**

- dancing to music
- playing drums
- crawling
- rope jumping
- skipping
- running



## **Games to Play**

What is this shape?

Draw a shape in the air. Can they guess what shape you drew? Can they find objects that have the same shape?

Hide away

Using a basket or bag that the children can't see into, go around and pick items to put in the bag. Show the objects before putting them in. Can they remember the items? Can they remember the order? Can they identify the object in the bag using only their hands?

Get Something Bigger

Place a small object on the table. Challenge your child to keep finding items bigger than yours. You can play this in reverse too.

Kim's game

Place some objects in front of the child. Cover them and remove one item. Can they figure out which item is missing?

Where's that sound?

Place a ticking clock or ringing phone somewhere in the room. Can they find where the sound is?

I want a .....

Name objects around the room that you want your child to bring you. Can they bring them all? Can they bring them in the right order?

Follow the leader

Show a sequence of movements. Can they repeat them back? Try using verbal directions instead of showing them. Try this with tapping out rhythms. Try doing one action but saying another. The child has to follow your words.

Mind Reader

Have a selection of animals. Describe one animal without naming it. Can they figure out which one you are talking about? Try this with a selection of words.

Acting out

Choose some emotions. Try reading your favourite page or favourite line with that emotion. Show it on your face not just in your voice.

Tip tapping

Tap a selection of items (each one should make a different sound). Now have the child close their eyes and listen. Can they guess which item you tapped?

High-Low

Have the child cover their eyes. Make a sound at different heights and at different positions around the room. Can the child point to where you are?

Colder/Warmer

Hide an object in the room. Give your child clues to find it by saying 'warmer' if they are getting close to it and 'colder' if they are moving away from it.