

IDEAS FOR HOME ACTIVITIES

Fine motor skills involve to the use of the small muscles in the hands and fingers to complete activities such as buttoning and brushing teeth. Fine motor skills are important for everyday activities including handwriting, cutting, using cutely, tying shoelaces and opening containers. As a child develops they are expected to complete these activities with greater speed and precision therefore the activities become more complex. Activities may include; board games, construction activities, crafts, cooking and speed writing. Some children who have difficulty with fine motor activities may avoid them due to fear of failure, frustration, fear and fatigue.



ACTIVITIES



PLAYDOH PLAY: Activities may include making creatures or animals with eyes, legs, arms, feet, mouth and any defining features. Playdoh can be rolled into long thin sausages then formed into names, letters or shapes. You can try writing with a pencil in playdoh or racing to see who can make the biggest snake.

THREADING: Activities can include threading beads onto string or treading string through holes in cardboard.

PICKING UP ITEMS WITH TWEEZERS OR TONGS: Items such as cotton balls, buttons, pom poms and beads can be sorted and placed in a container with tweezers or tongs.

ORAGAMI: Fold paper or card to make animals, chatterboxes or paper planes. Decorate and fly the paper/card planes to see whose can fly the furthest.

BOARD GAMES OR CARD GAMES: Common games include Snakes and Ladders, Monopoly Junior, Connect Four or Dominoes. Popular card games include Go Fish, UNO, Snap and Memory.

LEGO: Building items such as houses, rockets, towers, cars and boats.

ARTS AND CRAFTS: Activities should include the use of pencils, pens, glue and scissors.

EVERYDAY HOME ACTIVITIES could include;

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| Make toast by opening jars and spreading with a knife. | Cooking like making biscuits or dinner. |
| Squeeze sponges before wiping the table. | Pegging clothes on clothes line |
| Carrying shopping bags and putting groceries away | Use a spray bottle to water plants |
| Peeling fruit (bananas and mandarins) | Setting the table |

IDEAS FOR HOME ACTIVITIES

Gross motor refers to movements of the whole body using the larger muscles to complete everyday activities. Gross motor skills are important for everyday activities including dressing, sport, jumping, playground play and running. In the classroom gross motor strength is important for good posture, travelling between classes and play. Gross motor difficulties can impact a child's balance, coordination, endurance and participation in sporting activities. Children that have difficulty with gross motor skills may also experience fatigue and decreased motivation to perform related activities.



ACTIVITIES



ANIMAL WALKS: Make a game pretending to be different animals such as kangaroo, crab, frog, elephant, bird and a worm. The game 'What's the Time Mr Wolf?' can be played using these animal walks.

HOPSCOTCH: An activity could include throwing a sack into a square of the hopscotch, jumping to retrieve the sack before continuing to the end. Instead of letters try using camera/sight words from school.

THROWING AND CATCHING: Throw the ball and catch it to another person or against a flat surface. Try catch a ball with different hands, one hand or use different size balls.

BOWLING: Ten pin bowling is a fun family activity that is cheap and easy to make using plastic/paper cups and a ball. Try using weighted cups and different size balls to make the activity more difficult.

BALL GAMES: Activities can include handball, soccer, bouncing a ball, basketball and minigolf.

MOVEMENT GAMES: Popular games requiring different body movements include Simon Says, dancing to songs with instructions (hockey pokey) and Musical Statues.

BALLOON TENNIS: Using hands or table tennis rackets hit a balloon around independently or to another person.

PLAYGROUND PLAY: Encourage play to include climbing, running, skipping, jumping and walking on different surfaces such as a plank or chain bridge.

EVERYDAY HOME ACTIVITIES could include;

| Independently Dress in Clothing

| Assist in Washing the Car

| Assist Carrying Shopping Bags inside

| Tidying Up the bedroom and toys

| Carry the Washing Basket Inside/Outside

| Put Clean Dishes Away after dinner

| Assist Putting Groceries Away

| Folding Clothes, Washers or Pillow Cases