



Gross and Fine Motor Skills Activity Handout

Below is a list of gross and fine motor skills that can be used throughout your week at home. You can schedule them in for what works for your school routine. Remember to allow for some movement breaks as you go throughout your day as well 😊 !

Gross Motor:

- 1) **Balancing on one-foot challenges:** Try out these different variations that challenge balancing on one foot. See how many of these you can do throughout the week or per day and if you have a favourite or that is most challenging.
 - Practice putting pants on – pajamas, jeans, or snow-pants.
 - If you have bubbles at home, try and have your kid(s) pop the bubbles with their toes while balancing on the other foot.
 - Balancing small stuffed animals on top of their foot while placing them into a laundry basket. To increase the challenge try a tennis ball or a golf ball.
 - Stand with one foot on the ground and one foot on a ball, then try and roll it clockwise, counter-clockwise, backward and forward.
 - If you have balloons at your house, try balloon volleyball and only passing with your feet.
 - Kicking challenge – stack cardboard boxes if available or placing smaller items on boxes or something similar and work on kicking the items off. Make sure to try on both feet and working on big kicks without falling down.
 - Try balancing small a stuffed animal, tennis ball, or other object on the top of their foot and then bringing that foot up so the same side hand can grab the object. Repeat the same but then having the opposite hand grab the object from the foot.

- 2) **Bridge Challenge:** try out these different versions of a bridge or plank.
 - All fours bridge: hand and feet on the ground, with their knees bent, and bottoms of off the ground. Have the kids try and keep their bottom up high enough to drive a toy for example under them or have a sibling crawl under them
 - Another variation would be to have the kids try and lift a foot or hand off of the ground, or even trickier, to lift their opposite hand and opposite foot off of the ground without losing their balance.
 - Plank bridge: hands underneath shoulders, legs straight and feet together. Trying not to let their backs sink down, you can place an object for example, a pair of socks, or stuffed animal on their backs that they can't drop.
 - Another challenge would be to try and lift one leg or one arm or turn onto the side of one foot and lift the top arm in the air for a side plank bridge. A parent or sibling can try driving or walking toys underneath them as another little challenge to keep themselves high up off of the ground.

- 3) **Wall sit challenge:** just as it sounds. Have your kids sit up against a wall with their backs flat against the wall and lowered to a level where their knees and hips are bent at 90 degrees.
 - The first challenge would be seeing how long they can stay there.



- Another challenge if multiple kids are at home, is to have them sit a little bit away from each other and having to pass an object back and forth between themselves.
- Another challenge would be to lift on foot off of the ground and straighten their leg out in front of them before putting it back down. Then repeating the same on the other side.

Fine Motor

- 1) **Balloon squishes:** Fill balloons with dry rice, beans, flour, or play dough. Have kids squeeze and squish them in their hands to build strength. Make sure to work on squeezing with both hands.
 - After you've made them and worked on squeezing the different balloons, practice throwing at catching them.
 - Work on target practice, whether there is a target on the floor, or tossing them into a basket.
- 2) **Turkey Baster:** Squeezing the squishy end of a turkey baster to blow pompoms, ice cubs, Kleenex. Etc. across the table or counter.
 - Try both hands as well and this can be a timed activity for another way to challenge your kids.
- 3) **Easter Egg decorating:** along with dying the eggs all different colours, have your kids work on colour, drawing, or writing their names on their eggs!

A great website to use with your kids at home for a movement break during their day is Cosmic Kids yoga. Click 'watch the episodes' to find different categories, length of time, and energy level. A lot of teachers are using this site with their students already and have great feedback from the kids!

www.cosmickids.com

Have fun ☺ !