

Gross Motor/Physiotherapy at Home

General Strengthening (to make my muscles strong)

- Tug of war game
- Tug of war games: you can make this fun with blankets, etc. You do not need anything special to play tug of war. I allow kids to “pull me over” and playfully fall on the floor when they pull super hard. They love to win and be stronger than the adult.
- Step into and out of box/laundry basket
- Push on walls to “make the room bigger” with your feet or hands
- Take my pet for a walk: use ribbon or extra dog/cat leashes to allow toddlers to walk their “pets” (stuffed animals) (with supervision only)
- Yoga: preschoolers can do simple yoga poses such as downward dog, upward dog, tree, etc.
- Music: just put on some kids music and dance. Encourage imitation: you imitate them, they imitate you.
- Strength movements: jumping, squatting, reaching up on toes, high stepping (marching)
- Use shoe boxes or paper plates as skates
- Painters tape: put down to jump over
- Use boxes, couch cushions, laundry baskets to build towers and obstacle courses. Give rides and encourage preschoolers to give siblings rides (with supervision)
- Wheelbarrow walk, duck walk, squat walk to get to places in the house.
- Get outside: we are practicing social distancing, but you can still go for a walk or play in your backyard.

Ball Skills

Balloons: you can hit them with pool floats, or just play with them. **USE SUPERVISION**

Create a bowling game with recyclables (empty soda/water bottles, empty paper towel/toilet paper rolls, etc.). Use a playground ball, tennis ball, etc. as a “bowling ball”

Practice kicking, throwing, catching where it is safe

You can also practice catching with bean bags, blankets, clothing, sponges or anything soft that is around the house

Push a ball around the house with various body parts: foot, elbow, nose, etc.

Golf with tennis balls and empty paper towel rolls, etc.

Throw balls into boxes, laundry baskets, etc.

Kick balls into laundry baskets/boxes like soccer

General Gross Motor Play (just for fun)

Make forts, etc. out of blankets and furniture. Play in, crawl in, etc.



Exercise together: lots of online free exercises for adults now. Exercise and encourage your toddler to exercise with you. They can do most anything modified.....often they will modify on their own so you do it (maybe at slower pace) and have them copy you

Bubble Play: they can clap them, step on them, stand on one foot to try to pop them

Make an obstacle course out of things you have at home

- Couch cushions
- Boxes/Laundry baskets
- Pool noodles
- Step stools
- tunnels



Do shape/colour hunts: look all over the house for a particular shape or colour

Sound scavenger hunts: look around the house for items that sound like.....or begin with the sound....

Create shapes, numbers, letters with painters tape (can be large or small) and have kids trace. Or use in scavenger hunt

If you do larger ones and cover with clear contact paper they can jump to them, or do a funny animal walk etc. to them

For older kids with numbers you can jump to do addition

For older kids, you can jump/move to do patterns (red, red, yellow, yellow)

You can have them make a sound or name something (name an animal, name a colour, tell me a number, etc.) to allow them to move to another spot.

Works for working on hard speech sounds as well. Have them say the sound they are working on so many times before moving....they get to pick how they move (then they feel in control)

Get outside: we are practicing social distancing, but you can still go for a walk or play in your backyard.

Balance

Imitate standing on one foot

Place objects on the floor to step over

Can use pool noodles

Broom handles

Shoes

Obstacle course with many different challenges and a variety of ways to move body

Use different positions like walk, tall kneel, crawling, etc.

Have child place one foot on tennis ball or playground ball and play a catching game, etc. with sibling or caregiver (WITH SUPERVISION ONLY)



Imitation Skills

Motor imitation songs

You tube

Spotify

Make up your own

Head Shoulder Knees Toes, Jumping songs, etc.

Simon says or other action games

Animal walks: act out various animal walks

Act out flash cards. Alphabet action cards....how many actions words for "a" (move like an ant, applause, wave your arms, move like an airplane), "b"

(bounce, bump, turn yourself into a banana, etc). Act out number cards: jump 1 x, turn in a circle 2 x, etc.

Act out books: many children's books can be put into action. Be creative and instead of sitting to read, act the book out as you read it. Or read it once sitting then re-read with actions

Create action cards: Put actions on 1 side, turn over and have a child pick 1. Act out the card.

Come up with actions that match a number on dice. Have the child roll the dice and then match the number to the action. (example: roll a 1, 1 is move like a bear, etc.)

Act out different athletes: be a rower, be a basketball player (can be pretend basketball), rope climber, mountain climber, skier, etc.

Pick up objects in novel ways: pick up a balloon/ball, etc with your feet, with your knees, with your elbows.



Postural Control Skills/Core Strengthening

Therapy ball:

Child sits on and you rock back and forth or side to side while they sustain balance

Child holds your hands and rocks/moves him/herself while sitting on ball

Assist child to sit on ball. Maintain adult support while you encourage the child to reach to either side to pick up puzzle pieces and sit back up to put in puzzle/shape sorter/match

Have a sit up contest

Wheelbarrow walking

Push up contest (can modify to doing on knees)

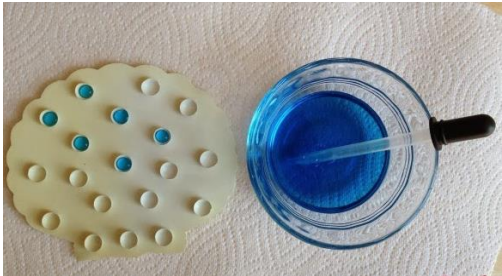



Child lies on ball on belly and walks hands out to pick up puzzle piece, shape sorter, matching game

REMEMBER SELF CARE. When your child is sleeping or engaged in a TV show take time for yourself to do Yoga, exercise, take a bath, read a book, catch up with a friend using an online media platform (FM Messenger, Zoom, etc) or if another caregiver is present, take a walk by yourself. Remember taking care of yourself is as important as taking care of your child.

Fine Motor Skills Programme

Skill	Activities to develop skill
<p>Fine motor co-ordination 4 – 6 years</p>    	<ul style="list-style-type: none"> • Cereal tower <ul style="list-style-type: none"> - Using a ball of play-doh as a foundation, press sticks of spaghetti gently into the play-doh and get your child to stack small donut shaped cereal to make a tower, working on fine motor skills and co-ordination. - • Peel fruit. Did you ever think about this as a fine motor activity? It is! Tiny mandarins are perfect for this activity • Using a knife and fork to eat, working on fine motor and bilateral coordination (using both hands). • Tying shoelaces • Pipe cleaner rainbow <ul style="list-style-type: none"> - Gently press pipe cleaners into a florists oasis and thread coloured beads through to make a rainbow, developing eye hand co-ordination, fine motor skills and colour matching. • Try a Slinky – shifting the hands just enough to get the slinky springs to move back and forth between the hands is great fun • Use leftover ice pop sticks to build a tree decoration. Simply cut your ice pop sticks down to size and glue to base stick. Add ribbon or wool to the back with glue. Decorate with beads or gems. • Similarly, build a house out of leftover ice pop sticks or make popsicle stick people by gluing on googly eyes, using felt to make a hat, scarf and clothes • Screwdriver skills <ul style="list-style-type: none"> - Use a small plank of soft wood and let your child screw and unscrew nails using a screwdriver working on hand eye co-ordination • Sort small coloured beads into their colour category and thread them on a string according to colour • Pinch toothpicks and drop them in the holes of a spice container.

Fine Motor Skills Programme

Skills	Activities to develop skill
<p>Hand strength and dexterity 4 – 6 years</p>    	<ul style="list-style-type: none"> • Squeezing, rolling, massaging, pressing shapes into and pinching play-doh is a great activity for building hand strength. • Use a water dropper to suction water then carefully fill each suction on the bottom of a bath mat. This works on fine motor skills, control and pincer grip which are essential for handwriting skills. • A fizzing good tea party <ul style="list-style-type: none"> - Mix vinegar, baking soda and food colouring in cups, and watch the bubbles happen, use a syringe to make extra bubbles • Play with clothes pegs <ul style="list-style-type: none"> - hanging things on a string, moving game pieces, and picking up small snacks • Use a hole puncher to punch holes in different colour paper, use the little circles of paper to spell out your child's name and glue in place. • Feed the ball <ul style="list-style-type: none"> - Make a slit in a tennis ball, stick on some eyes. Then have your child pick up beads, one at a time, using a pincer grasp and "feed" the ball by squeezing it with the other hand and opening its mouth. They can they take them out and start again. • Hedgehog play-doh <ul style="list-style-type: none"> - Colour the tips of toothpicks, roll the hedgehog body into shape, place toothpicks into play-doh and stick on googly eyes • Create your own lacing cards <ul style="list-style-type: none"> - Cut out any shape in card, use a hole puncher to punch holes around the edge of the card, get coloured wool and lace through the holes • Fine motor activity using tongs to pick up frogs and snakes in the grass and put them in an ice tray.

Fine Motor Skills Programme

Skills	Activities to develop skill
<p style="text-align: center;">Scissor Skills 4 – 6 years</p>    	<ul style="list-style-type: none"> • Make a paper chain <ul style="list-style-type: none"> - Cut out strips of paper in various colours, glue them in place to make a chain and hang up • Make a hand tree <ul style="list-style-type: none"> - This activity involves tracing and cutting, and is great for the development of visual motor skills • Make a pizza <ul style="list-style-type: none"> - Cut a paper plate in four like a pizza. Colour the pieces in red. Cut out yellow shapes for cheese, green for pepper and orange for pepperoni and stick on the toppings. • Cut out complex shapes, starting with paper, working up to cardboard • Trace the outline of a leaf and cut around it, then colour it in. • Make a paper plate hedgehog, keeping each snip close to the other. • Cut out complex patterns on folded paper to make intricate snowflake decorations. • Make a paper plate sea horse, stick on gems to decorate • Draw the bark of a tree. Then draw little leaves, colour them in. Cut each one out and stick individually on the tree. • Draw a mask and cut it out. Attach elastic to it and you have a mask. • Draw a crown pattern and cut it out, stick the two ends together and become a prince or princess • Draw a face, glue on shredded paper as hair and give it a haircut!