

Children's Occupational Therapy

Motor Co-Ordination Activities to do with your child at Home

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It is very important that you do these activities, and they should be seen as part of the process of meeting your child's needs.

If you start doing the first activity in each area first and find out what the child finds difficult.

You should be practicing 2-3 skills for a week and then changing it. It is important to make the ideas fun. If your child is finding the activity easy at all, please move on. Please ensure you give your child lots of praise.

Ball Skills

- Throw and catch a beanbag. You can start very close and move further and further away. Encourage your child to catch with hands rather than with body.
- Throw beanbag into box from various distances. Start with a large box
- Roll a ball between posts
- Kick a ball , Through posts to a target
- Throw and catch ball (Grade as Below)
 - Football or similar
 - Small Ball
 - Tennis Ball
- Bouncing ball (you can draw a circle on floor and bounce ball in circle)
- Throw a ball overhead
- Bounce a ball against a wall (Again you can differ the size of the ball). Initially catch with 2 Hands



Balance Activities

- Walk along line. Draw a line or get them to practice walking on a rope on the floor. You can extend this activity to trying to balance on the rope.
- Stepping stones. You can use newspaper but spread the “stones” out around the room and around the house or garden
- Standing on one Leg
- Hop in squares. You can draw squares outside or you can use newspaper squares.



Co-ordination Activities

- Draw shapes in air with ribbon or tie ribbon to stick to draw shapes.
- Jump 2 Feet together
 - Do this backwards and forwards over line
 - Sideways over Line
- Throw and catch a Beanbag
- Throw Beanbag into Box
- Log rolling (get your child to lie on floor with arms above head and practice rolling). You can make this more interesting by roiling over bubble wrap etc. You are aiming for the child to roll in a straight line
- Bunny Hops
- Play statues and encourage child to be stable. You can try and push them over (do not try too hard)
- Draw around fingers with flat hand
- 2 Foot jumps in squares. (Can be done on newspaper squares)
- Star Jumps
- Practice thumb finger opposition. (Take thumb to each finger in turn and back again, you are aiming for it to be fluent)



Activities for your child's hands

- Open/close hands and then give them a good shake before writing or similar activity
- Drumming fingers on table
- Work with play dough or Silly putty or similar
- Threading Beads
- Construction activities
- Sewing cards
- Tearing Paper for collage
- Dot to Dot activities
- Drawing on large whiteboard/blackboard (encourage your child to make large movements)
- Get your child to doodle with both hands.



Other Activities that should be encouraged

- Dot-Dot Books
- Colouring
- Simple origami
- Playdough
- Use of Trampoline
- Any Rough “n” Tumble play.
- Use activities off the internet such as simple matching, search & find (i.e. Where's Wally), fill-in-the-gap and other visual perceptual activities.



Organisational Activities

- Use short activities and give clear short instructions
- When playing games ask your child to demonstrate and review how to play the game before starting
- If at all possible avoid rushing, help your child prepare belongings and allow time to ensure your child knows how to start and finish task

