



Fine & Gross Motor Activities

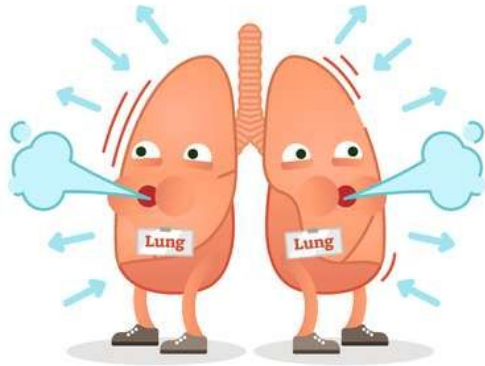
Blowing Challenge

All Ages and Abilities

April 14, 2020

Lesson: April 14, 2020

Learning Target:



Breath control
Muscle strengthening
Eye hand coordination
Balance



Blowing Challenge

Blowing challenge uses these materials:

- Turkey Baster or Ear Syringe
- Choice of cotton balls, ping pong balls, pom poms, or feathers.

Here's some examples:

[Turkey Baster Relay](#)

[Turkey Baster Pom Pom Game](#)



How to Play

- Place the cotton balls or ping pong balls on one end of a table.
- Try to move the cotton balls or ping pong balls by squeezing the turkey baster or ear syringe to blow air out of it. Try to keep the balls on the table.
- Keep blowing air at the balls until you reach the end of the table.
- Put balls on the floor, moving them with turkey baster, while walking on knees.
- In all 4's, with balls on the floor, blow on them taking deep breaths in and out to move them forward.





Additional Ideas

- If you do not have a turkey baster or syringe, make a simple fan out of paper. The child can practice folding the paper back and forth to make the fan. Wave the fan at the cotton or ping pong balls to make them move. Stand on knees with knees on one or more pillows.
- To encourage oral motor skills, try blowing the cotton balls using only your mouth to move the balls along the table.
- Try using a unsharpened pencil to move the balls across the table in a controlled fashion without them falling off the table.
- To increase the difficulty, use blocks to create some obstacles for the balls to go through or around on the table.





BENEFITS OF **BLOWING CHALLENGE**:

- It stimulates your child's senses. (Touch/feel, oral motor, and sight)
- It strengthens hand, finger, core, and leg muscles.
- It strengthens fine motor control and coordination.
- It encourages eye hand coordination.
- It encourages creativity with challenges and courses.
- It is FUN!

