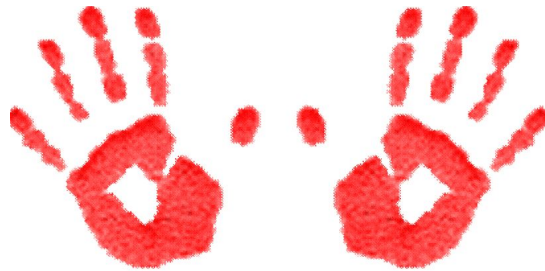


Fine and Gross Motor Activities

Left / Right Discrimination

May 5, 2020



LEFT

RIGHT



Fine and Gross Motor **Left / Right Discrimination**

All Ages & Abilities



Learning Target



Left/Right Discrimination, Spatial Awareness and Organization, Crossing Midline, Position in Space, Motor Planning, Bilateral Motor Control, Directionality



Fine Motor Games and Activities Incorporating **Left/Right** Instruction

- **Left/Right/Center Dice Game**

[How to Play Quarter Pass with Dice Link](#)

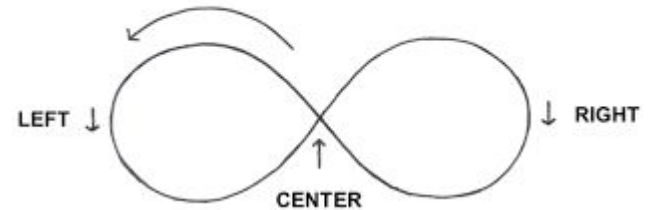
- **Candy Dice Games**

[Candy Dice Game Link](#)

- **Infinity Loop:** draw jumbo loop on paper, or in shaving cream, sand, fingerprint, or in the air



THE FIGURE EIGHT





Motor Activities

both sides of the body, awareness

- **Simon Says** (put your right hand on your left elbow..)
- **High Marching** (high step, arms extended, left knee up to right hand, alternate)
- **Target activity** (throw ball/beanbag with right hand, target on left, then reverse)
- **Hokey Pokey**
- **Twister**
- **Right/Left alternate dribbling** - or call out to switch
- **Small ball/beanbag toss up** - call out hand to catch with
- **Ball/beanbag toss** left to right, hand to hand, around waist

