

Fine and Gross Motor Activity

SENSORY WALK FOR KIDS

Monster sized steps, side steps, baby steps, etc



April 2020



Fine and Gross Motor Activity

Learning Target:

motor planning, exploring the sense of touch using your feet

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Sensory Walk Activity

Materials needed:

- ❖ 6-8 containers (or as many or few as you want)
- ❖ Flour
- ❖ Warm water
- ❖ Cold water
- ❖ Small rocks
- ❖ Shaving cream
- ❖ Sticks
- ❖ Bubble wrap
- ❖ Leaves
- ❖ mud
- ❖ Anything else you can think of your student can step in





Sensory Walk Activity

- ❑ You can put the tubs in any order you wish
- ❑ Have a towel at the end to dry feet
- ❑ Add food coloring to the warm and cold water
- ❑ Get ready for some FUN!





Challenge Activities



Walk forward putting both feet in each tub.
Next, put your right foot in a tub and your left foot in the next tub, keep going with this pattern.



Step sideways from one tub to the next.
Repeat, going the opposite direction.



Walk backward as you step from tub to tub.



If you are unable to walk, then sit or lie on your back, and explore the tubs with your feet.