

# FINE AND GROSS MOTOR ACTIVITIES



## Visual Motor Skills

All Ages & Abilities



May 18, 2020





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**Learning Target:**

Improve visual tracking and scanning skills



**Try** the following activities to help develop visual tracking and scanning skills and facilitate eye-hand coordination. You can also improve gross motor skills when you get your child moving.

- **Flashlight tag:**



Lie on your back with your child. Shine your flashlight on the ceiling, moving it horizontally, vertically, diagonally and in circular patterns. Have your child “chase” your light beam with their flashlight.





- **Balloon toss:** Toss a medium sized balloon in the air. Take turns with your child batting it back and forth with your hand or foot. Try to prevent the balloon from hitting the ground.

**Challenge: Use head, elbows, knees to keep balloon in the air.**

- **Pop bubbles:** Take turns blowing bubbles from a bubble wand into the air. Have the child try to pop the bubbles with his hand or stomp on the bubbles with their foot.



