

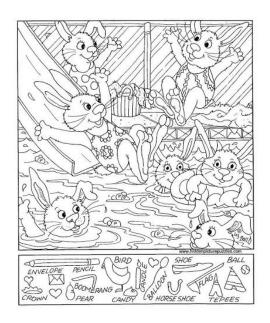
FINE AND GROSS MOTOR ACTIVITIES



Visual Motor Skills All Ages & Abilities



May 18, 2020







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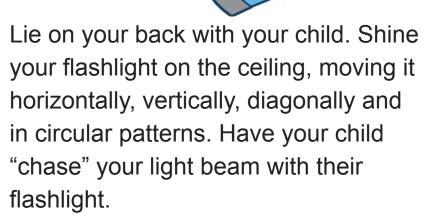
Learning Target:

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:







 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.







Games & Puzzles

Hidden picture online games & puzzles

• I Spy: Find hidden pictures in "Where is Waldo" or "I Spy" books. You can also play "I spy" games in any environment (dinner table, in the car, outside) by having your child find an object you call out. This will encourage visual scanning.



