

Gross Motor Skills

<p>Balloon Keep-Up This activity has movement and maths. Materials: a balloon Challenge your child to keep a balloon from falling to the floor without catching or holding it! Add in some counting practice. How many times can they hit it up before it falls</p>	<p>Indoor Bowling This activity builds maths skills and hand-eye coordination. Materials: plastic cups, empty cans or plastic bottles, ball Make your own indoor bowling alley! Set up 10 plastic cups, empty cans, or empty plastic bottles as pins. Then create a starting line and let your child “bowl” using a ball. While they are playing, ask how many pins fell down each time. How many are left?</p>	<p>Freeze Dance This activity fosters coordination and motor skills. Materials: music, space (indoor or outdoor) Play your child’s favourite song. Have them dance while the music plays. Stop the music every 15 to 30 seconds and then freeze in place whenever it stops! Keep going until the song ends.</p>
<p>Mirror, Mirror This activity improves concentration. Materials: none Have your child stand face-to-face with someone else. Choose who will be Person A and who will be Person B. Person A will be the “mover” first. Person A will start out with small movements, like wiggling their nose. Then they should try bigger movements, like swinging an arm from side to side. Person B must follow Person A’s movements EXACTLY. It should look like Person A is looking in a mirror! Then switch! Person B will be the “mover.” Person A will follow their every move.</p>		

Fine Motor skills

<p>Pasta Jewellery This activity provides practice with patterns—the foundation of maths! Materials: tubular pasta, string or cord, markers Let children colour tubular shapes of pasta with different coloured markers. Then lace them onto a string. Make different patterns. Have children tell you about the patterns they are making.</p>	<p>Some ideas to help develop your child’s pincer grip.</p> <ul style="list-style-type: none"> • Drawing their own pictures then cutting them into pieces to create their own jigsaws. • Using the 'pincer' grip with thumb and forefinger, to pick up small items such as buttons, coins, Lego and place them into pots. These pots can also be labelled with colour words or numbers so your child also has to read or identify the number of items required. • If you have tweezers, then you can repeat the same activities as above but using the tweezers. • Pencil control activities can easily be created at home. Use a highlighter or thick felt tip to draw lines on paper. These can be straight, wavy, curved, pointy. Ask your child to choose a coloured pencil and holding it correctly trace carefully over the lines staying within the coloured line. Playing with playdough strengthens wrists, which supports writing.
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Spider weaving

You will need:

A paper plate
Black paint
String or wool
Hole punch

Instructions:

Paint the back of the plate black and leave to dry, then cut out the middle of the plate. Punch holes evenly all around the edge.

Cut a length of wool. Tie to one of the holes and then weave through others to make a pattern. When you are close to the end, tie to a hole and cut off the excess. Tie on a new piece of wool and repeat until you are happy with your web. It is easier to use several smaller pieces of wool so the ends will not fray.



Collect the spiders.

How many spiders can you collect?

You will need:

White wool
Small plastic spiders or pom poms
Tweezers

Can you collect the spiders using the tweezers?

How many spiders can you count?

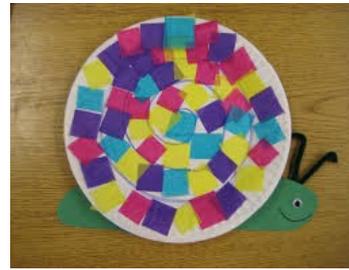


To make the spiderweb, follow these simple instructions:

1. Clean and dry 3 lolly sticks.
2. Paint the sticks black and leave to dry.
3. Glue the sticks together to make a star shape.
4. Take a ball of wool and glue one end to the inside of the lolly sticks. Glue it in the centre back.
5. Wind the wool around the sticks. Wind it over the top and under each of the sticks. Keep winding around the sticks.
6. When you have wound it around about 6 or 7 times glue the wool to the back of one of the lolly sticks.



You will need pegs and pipe cleaners to complete this activity.



Draw the spiral on the shell. Then glue beads; buttons; pom poms on the shell to make the spiral.

Use pegs to hang out washing on a washing line. How many pieces can you hangout using two pegs?