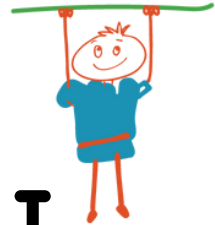


Fun things I
can do with
my body



WELCOME CAREGIVERS,

Let's dive into the exciting world of play with your child! Get ready for some fun activities on every page. Remember, children learn through play, so let loose and enjoy these activities together.

In this booklet we are putting the spotlight on the big muscles, also known as gross motor skills. Gross motor skills involve the coordination of large muscle groups for activities like walking, running, jumping, and climbing. Developing these skills helps children build strength and control over their bodies, laying the foundation for more complex movements later in life.

Mastering gross motor skills enhances a child's independence. They can explore and interact with the world around them more freely.

Run, skip, jump and play with your child as often as you can.

Most importantly, **HAVE FUN** with your child!



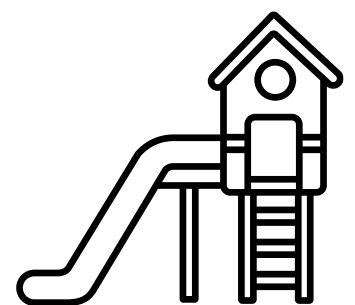
How to bring gross motor into everyday activities

Gross motor activities range from hopping on the spot to running down the road. But, how do you bring these activities into your everyday life?

Easy, instead of walking everywhere, ask your child to jump like a bunny to fetch his/her school bag; to walk like a crab to the bathroom; or to hop on one foot on each tile in the shop. Asking your child to complete activities in this way, helps them develop their gross motor skills while having fun.

What type of activities help your child to develop their gross motor skills

Outdoor Play: Encourage your child to spend time outdoor running, jumping, hopping, skipping, and climbing on playground equipment. You can take your child to the park or even use what you have in the garden: jump over the stick, skip to the tree, climb under the chair, or make a somersault.



What type of activities help your child to develop their gross motor skills



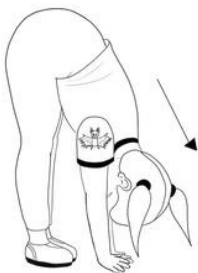
Ball Games: Playing ball games such as soccer, basketball, catch, or kickball helps children develop hand-eye coordination, spatial awareness, and gross motor skills like throwing, kicking, and catching.

Obstacle Courses: Set up simple obstacle courses using household items like cushions, hula hoops, cones, or boxes. Challenge your child to crawl under, jump over, balance on, and navigate around obstacles, promoting agility, coordination, and problem-solving skills.



Dance Parties: Put on some music and have a dance party with your child. Encourage them to move their bodies freely, imitate different dance moves, and express themselves creatively.

Gross Motor Games: Play games like Simon Says, Red Light Green Light, or Follow the Leader, which involve movements such as jumping, hopping, marching, and balancing. These games promote listening skills, coordination, and following directions while keeping children active and engaged.

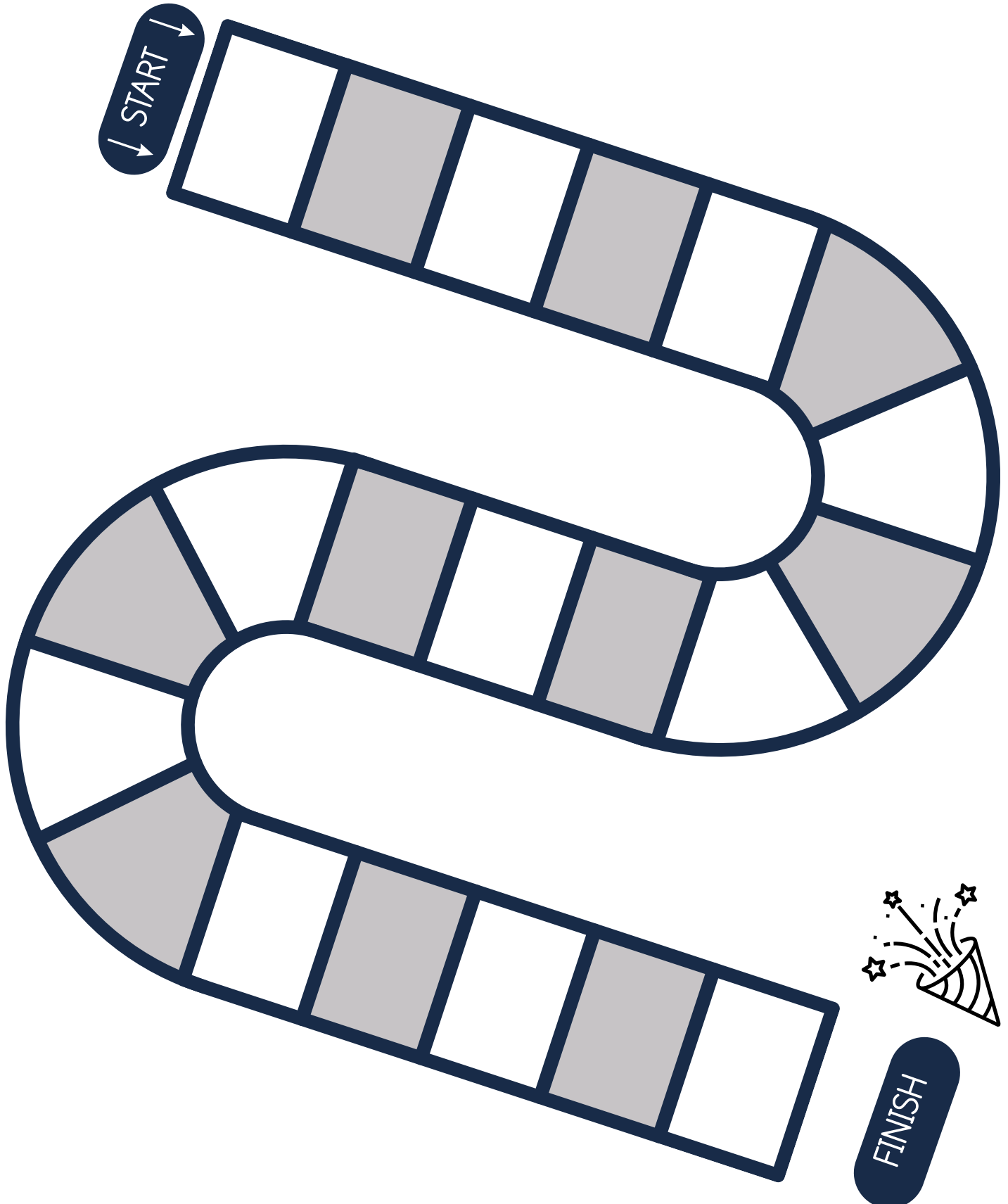


Yoga: Introduce your child to simple yoga poses. Yoga helps improve flexibility, strength, and body awareness while promoting relaxation and mindfulness.



Roll, jump and move

Roll the dice, hop the number shown on the dice and then move the same number of blocks below.



Play hop scotch



Use the chalk or masking tape to draw patterns to make a hop scotch game. Ask your child to jump with both feet outside the triangles, with one foot into the squares, and with both feet into the circles. Repeat over and over and change the pattern and movements as you like.



Draw a butterfly outside

Encourage your child to make big movements when drawing . You can ask him/her to draw a large butterfly on the wall using the chalk. You can ask him/her to clean it off once done using a sponge or squeeze bottle to exercise the small muscles in the hand.



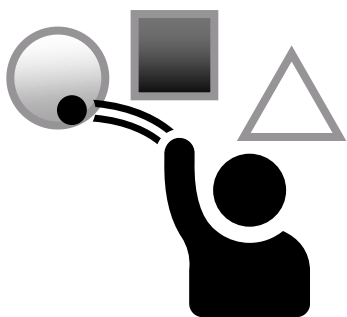
Charades

Charades is a word guessing game where one player has to act out a word or action without speaking and other players have to guess what the word or action is.



It's a wonderful and entertaining way to spend quality time with your child while also promoting creativity and communication skills. This game can lead to lots of laughter and bonding moments as you work together to solve the clues. You can incorporate gross motor skills by acting out big movements. So grab some paper, write down some words or actions, and let the charades begin!

Paint and throw

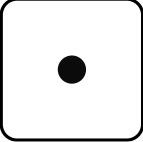
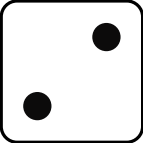
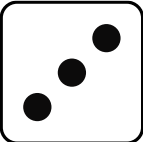





Get crafty with those cardboard boxes lying around your house! Draw and cut out basic shapes like a circle, square and triangle. Challenge your child to paint the shapes using different colours of fingerpaint for the different shapes. Once dry, stick the shapes on the wall and let the fun begin. Ask your child to aim and throw the ball at the shape or colour that you call out.



Roll and move

Roll the dice to see what movement you need to do.

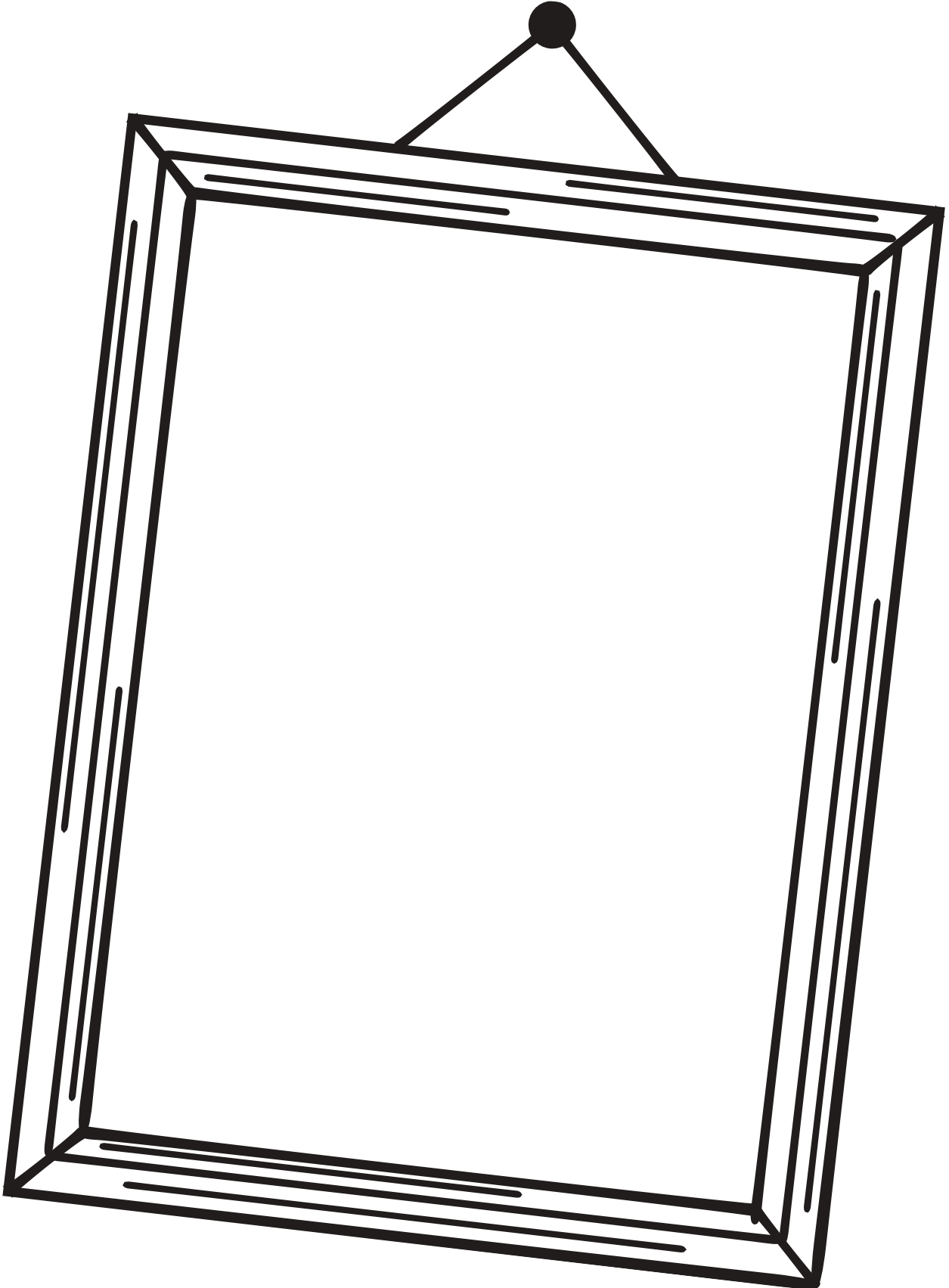
	Jump up high
	Do two star jumps
	Hop three times on one foot
	Turn around 4 times
	Do 5 wall push-ups
	Balance on one leg for 6 seconds

You can also make your own movements for each number on the dice.



Me and my family

Draw a picture of your family. Don't forget to draw your pets too.



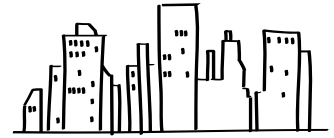
ALL ABOUT ME

My birthday is on

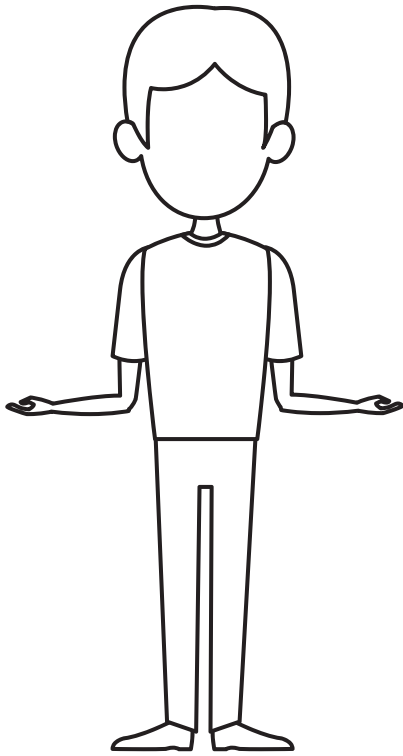
I am _____ years old.



I live in



I live with

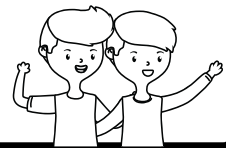


Add my eyes, nose and mouth and colour me in.

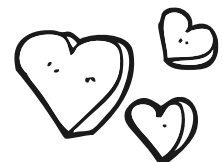
My school is called



My friends names are



My favorite things are

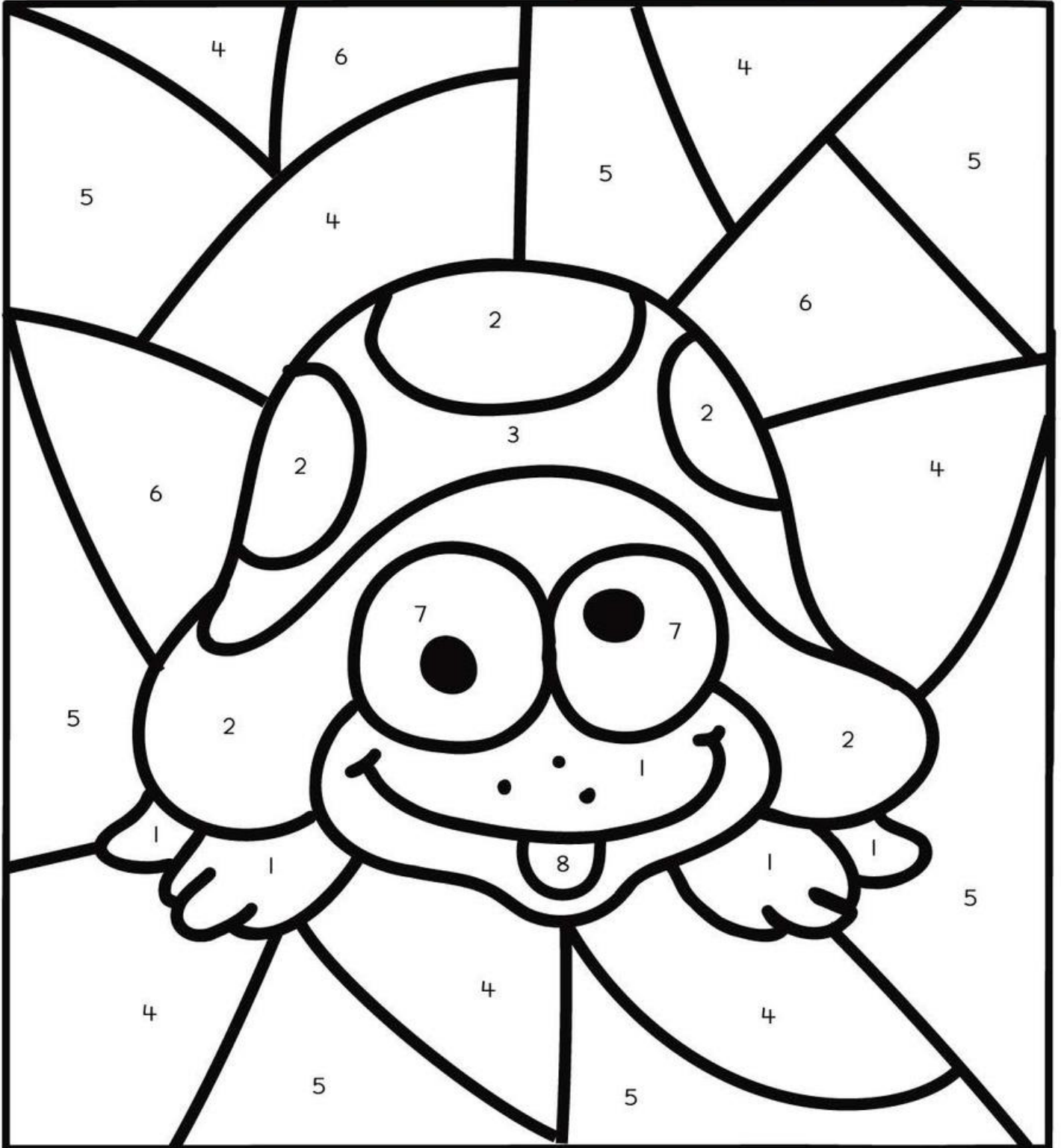


Color by number

- 1 - brown
- 2 - black
- 3 - green

- 4 - blue
- 5 - purple
- 6 - pink

- 7 - yellow
- 8 - red



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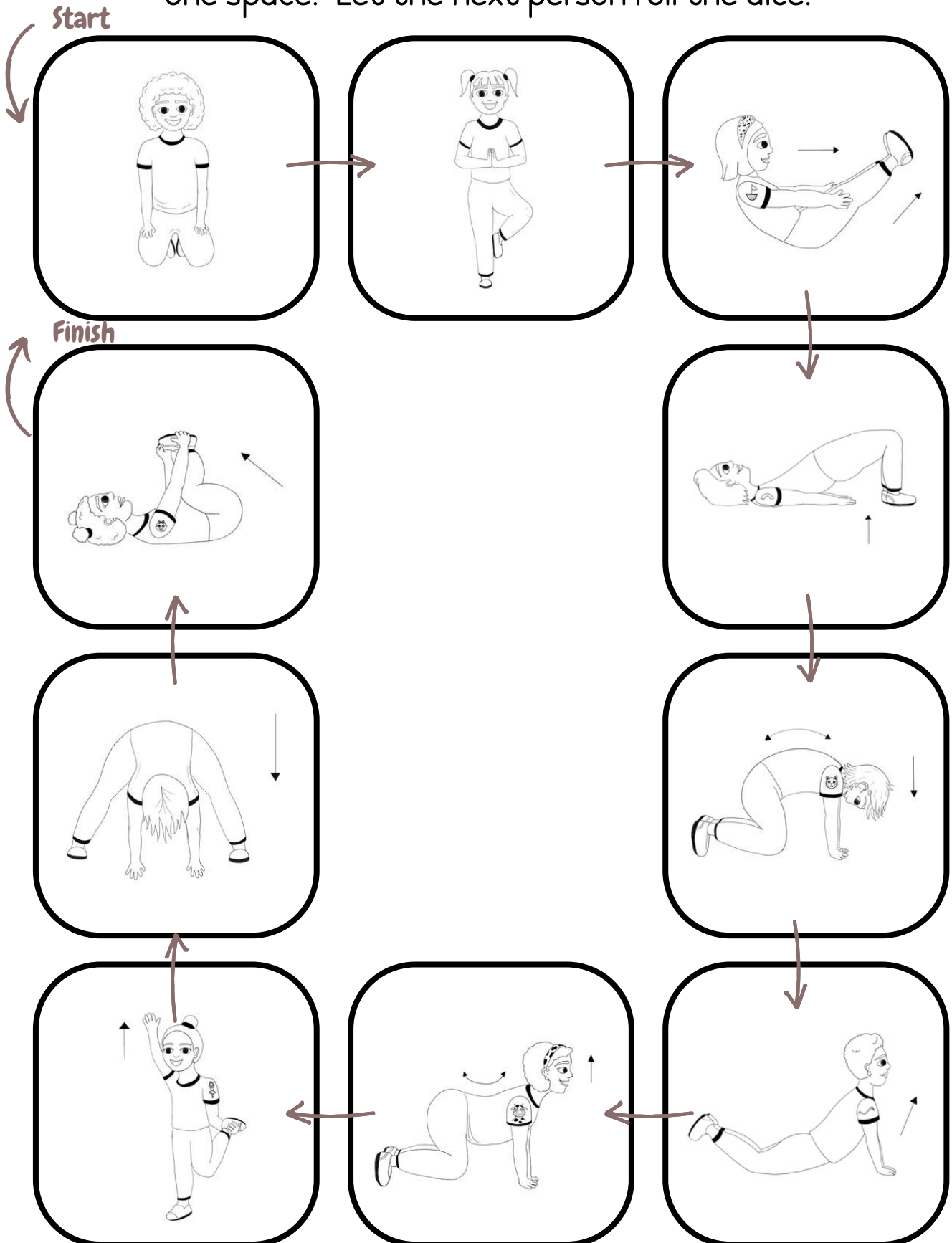


Yoga game board

Throw the dice and move your counter along the picture below.

Can you hold the position shown in the picture for 10 seconds?

If you can, move forward one space. If you can't, move backwards one space. Let the next person roll the dice.



Colour in the picture

